EASY HIGH PROTEIN RECIPES

Beef Bourguignon Prep Checklist

One-page shopping, prep and timing sheet | Serves 6 | Dutch oven

SHOPPING LIST

- [ ] 3 lb boneless chuck roast, cut into 2-inch cubes
- [ ] 6 oz bacon; 1 large yellow onion; 2 carrots; 4 garlic cloves
- [ ] 8 oz mushrooms; 8 oz pearl onions (fresh or frozen)
- [ ] 3 cups dry red wine + 2 cups low-sodium beef stock
- [ ] 2 tbsp tomato paste; 2 tbsp flour; 2 tbsp olive oil
- [ ] 2 tbsp butter; fresh thyme; 2 bay leaves; parsley; salt; pepper

BEFORE THE OVEN

- [ ] Pat beef dry. Season. Brown bacon, then sear beef in batches.
- [ ] Cook onion and carrot; add garlic and tomato paste; stir in flour.
- [ ] Deglaze with wine, then add stock, herbs, beef and bacon.
- [ ] Bring to a simmer; cover and place in a 325 F oven.

FINISH & SERVE

- [ ] After about 2 1/2 hours, test beef with a fork; extend if firm.
- [ ] Saute mushrooms and pearl onions in butter; stir into stew.
- [ ] Reduce sauce uncovered if thin. Taste and adjust seasoning.
- [ ] Serve over mashed potatoes, noodles or with crusty bread.

MAKE-AHEAD & FOOD SAFETY

- [ ] Cool in shallow containers; refrigerate promptly within 2 hours.
- [ ] Refrigerate leftovers 3-4 days; reheat to 165 F.
- [ ] The braising time is a guide: tenderness depends on the cut.