

Braised Beef

Yield: 8 min

Total Time: 240 min

Recipe from: <https://www.recipeschoose.com/recipes/brained-mushroom-indian-recipe>

Ingredients:

- 2 1/2 pounds beef e.g. chuck, shanks or brisket, cut into 2-inch pieces
- 2 tablespoons olive oil
- 4 tablespoons butter
- 3 cups button mushrooms rinsed, whole
- 4 carrots medium, peeled and cut into large pieces
- 2 leeks white and light green parts only, sliced 1/4" thick
- 1 Vidalia onion large, peeled and chopped
- 4 shallots peeled and cut in halves
- 2 garlic cloves minced
- 2 garlic heads, optional
- 1/3 cup all purpose flour
- 4 cups beef broth or beef stock, heated
- 2 tablespoons red wine vinegar
- kosher salt to taste
- 1/2 teaspoon black pepper plus more to taste
- 1/4 teaspoon nutmeg
- chopped fresh herbs for garnish, optional

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 110 milligrams
4. Fat: 30 grams
5. Fiber: 2 grams
6. Protein: 32 grams
7. SaturatedFat: 13 grams
8. Sodium: 660 milligrams
9. Sugar: 4 grams
10. TransFat: 1.5 grams

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