

Recipe for Slow Cooker (Crock Pot) Beef Burgundy

Yield: 8 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/malaysian-beef-rendang-recipe-slow-cooker>

Ingredients:

- 1 tablespoon olive oil
- 2 pounds chuck roast Jones Creek All-Natural Grass-Fed, cut into 1 ½ inch cubes
- 1/2 cup bacon cooked and crumbled
- 10 3/4 ounces beef consommé
- 1 onion diced
- 4 carrots sliced
- 3 celery ribs sliced
- 1 tablespoon tomato paste
- 2 garlic cloves minced
- 3/4 teaspoon dried ground thyme
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 bay leaf
- 1 tablespoon worcestershire sauce
- 1 tablespoon quick-cooking tapioca
- 1/2 pound fresh mushrooms sliced
- 2 cups frozen peas
- 1/2 cup Burgundy wine or beef broth
- 1/4 cup all-purpose flour
- 2/3 cup cold water
- mashed potatoes Hot cooked, or noodles

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 110 milligrams
4. Fat: 33 grams

5. Fiber: 4 grams
 6. Protein: 34 grams
 7. SaturatedFat: 12 grams
 8. Sodium: 480 milligrams
 9. Sugar: 6 grams
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