

# Beef, Burgundy Style

Yield: 4 min

Total Time: 200 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-beef-burgundy-recipe>

## Ingredients:

- 1 cup beef broth
- 3 tablespoons all-purpose flour
- 1 tablespoon tomato paste
- 1 teaspoon beef demi glace
- 3 tablespoons bacon drippings
- 2 pounds beef round cut into 3 inch pieces
- 3 tablespoons sherry wine
- 1 1/2 cups onions chopped
- 1 cup burgundy wine
- bouquet garni herb
- 3 sprigs fresh parsley
- 3 sprigs fresh rosemary
- 1 sprig fresh thyme
- 1 bay leaf
- 12 fresh mushrooms sliced
- 1/4 cup butter
- 1 tablespoon fresh parsley chopped, garnish, optional

## Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 135 milligrams
4. Fat: 41 grams
5. Fiber: 2 grams
6. Protein: 54 grams
7. SaturatedFat: 19 grams
8. Sodium: 580 milligrams
9. Sugar: 4 grams

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