



## BOEUF BOURGUIGNON

2 oz. turkey bacon	2 cups low salt beef stock
1 ½ lbs. beef chuck	1 Tbsp. tomato paste
1/8 tsp. Kosher salt	1 tsp. thyme
½ tsp. Ground Black Pepper	1 Tbsp unsalted butter
1 lb carrots	3 Tbsp flour
2 yellow onions	1 lb small whole onions
2 tsp. garlic	1 lb mushrooms
1 bottle dry red wine	3 cups cooked couscous.

Preheat the oven to 250. Using a Dutch oven, brown the bacon over medium heat for 8 - 10 minutes stirring occasionally. Remove the bacon with a slotted spoon to a large plate. Dry the beef cubes with paper towels and then sprinkle them with salt and pepper. In batches in single layers, sear the beef in the hot bacon grease for 3 - 5 minutes, turning to brown on all sides. Remove the seared cubes to the plate with the bacon and continue searing until all the beef is browned. Set aside.

Toss the carrots, onions, salt and pepper into the fat in the pan and cook over medium heat for 10 - 12 minutes, stirring occasionally, until the onions are lightly browned. Add the garlic and cook for 1 more minute. Put the meat and bacon back into the pot with any juices that have accumulated on the plate. Add the wine plus enough beef broth to almost cover the meat. Add the tomato past and thyme. Bring to a boil, cover the pot with a tight-fitting lid, and place it in the oven for about 1.25 hours, or until the meat and vegetables are very tender when pierced with a fork. Remove from the oven and place on top of the stove.

Combine ½ Tbsp. butter and the flour with a fork and stir into the stew. Add the small onions. In a medium pan, sauté the mushrooms in the remaining 1/2 Tbsp. butter over medium heat for 10 minutes, or until lightly browned, and then add to the stew. Bring the stew to a boil, then lower the heat and simmer uncovered for 15 minutes. Serve this over whole grain couscous.

Yield: 6 servings

Nutrition Information: 540 calories, 11 gm fat, 4 gm saturated fat, 0 gm trans fat, 60 mg cholesterol, 60 gm carbohydrate, 9 gm fiber, 35 gm protein, 470 mg sodium

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**William K. Nasser, MD 19<sup>th</sup> Annual Dining A La Heart Fundraiser Event  
to benefit THE REVIVING HEART PROGRAM**