



Quick and Easy Beef Bourguignon for Two



Prep
40 MIN

Total
40 MIN

Servings
2



Ingredients

- 3/4 lb boneless beef sirloin steak, cut into 1 1/2-inch cubes
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons olive oil
- 1 cup sliced mushrooms
- 1 slice bacon, chopped
- 1 small onion, sliced
- 1 tablespoon canned Muir Glen™ organic tomato paste
- 1 clove garlic, finely chopped
- 1/2 teaspoon chopped fresh thyme leaves
- 1 tablespoon Gold Medal™ all-purpose flour
- 1 cup Progresso™ beef flavored broth (from 32-oz carton)
- 1/2 cup dry red wine
- 1 tablespoon chopped fresh parsley leaves

Steps

- 1 Season beef cubes with salt and pepper. In 10-inch nonstick skillet, heat 1 tablespoon of the oil over medium-high heat. Add beef, and cook 2 to 3 minutes, turning frequently, until browned on outsides, but still rare in the middle. Remove from skillet; keep warm.
- 2 Heat remaining 1 tablespoon oil in skillet over medium-high heat. Add mushrooms; cook and stir 3 to 4 minutes or until tender and browned. Remove from skillet; keep warm.
- 3 Reduce heat to medium; add bacon and onion. Cook and stir 3 to 4 minutes or until onions are softened and beginning to brown. Add tomato paste, garlic and thyme. Cook and stir 1 minute. Add flour; cook and stir 1 minute.
- 4 Add cooked mushrooms, broth and wine; heat to boiling. Reduce heat to low; simmer 4 to 5 minutes, stirring occasionally, until sauce is slightly thickened. Return beef to skillet; cook 2 to 3 minutes, stirring occasionally, until beef is medium-rare to medium (145°F to 160°F). Garnish with parsley.

Expert Tips

- Betty Crocker™ creamy butter mashed potatoes make a lovely side for this hearty main dish.
- White button mushrooms work well in this recipe, but if you'd like a bigger mushroom flavor, you can use cremini mushrooms.

Nutrition Information

Serving Size: 1 Serving

Calories 410	Calories from Fat 190	
Total Fat	21g	32%
Saturated Fat	4 1/2g	22%
Trans Fat	0g	
Cholesterol	100mg	33%
Sodium	880mg	37%
Potassium	700mg	20%
Total Carbohydrate	12g	4%
Dietary Fiber	1g	6%
Sugars	4g	
Protein	40g	

% Daily Value*:

Vitamin A 6%	Vitamin C 6%
Calcium 4%	Iron 25%

Exchanges:

1/2 Starch; 0 Fruit; 0 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 1 Vegetable; 0 Very Lean Meat; 4 1/2 Lean Meat; 0 High-Fat Meat; 1 Fat;

**Percent Daily Values are based on a 2,000 calorie diet.*