

Keto & Paleo Beef Bourguignon

Hands-on 20 minutes Overall 4 hours

Nutritional values (per serving): Total carbs: 8.3 g, Fiber: 1.3 g, **Net carbs: 6.9 g,**

Protein: 36.7 g, Fat: 45 g, Calories: 678 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings)

Stew:

2-3 large beef braising steaks or any cut suitable for slow cooking (900 g/ 2 lb)

3 tbsp ghee or lard (45 g/ 1.6 oz)

3 cloves garlic, crushed

1 medium white onion, diced (110 g/ 3.9 oz)

Optional: 1 medium carrot, sliced (60 g/ 2.1 oz) + 0.7 g net carbs per serving

750 ml bottle dry red wine such as Burgundy

1 tbsp unsweetened tomato puree (paste)

1 bouquet garni (recipe below)

4 cups white mushrooms, sliced (300 g/ 10.6 oz)

8 slices bacon, sliced (240 g/ 8.5 oz)

1 tsp salt or to taste (I like pink Himalayan)

Optional: 1/2 - 1 cup water, chicken stock or bone broth if too thick

Bouquet Garni:

1-2 sprigs parsley

1-2 sprigs thyme

1 tsp peppercorns

3 cloves

3 bay leaves

Optional: serve with Keto Celeriac Cauli-Mash

Instructions

1. Cut the beef into large chunks and season with some salt. Heat a Dutch oven or a heavy-based pot greased with 2 tablespoons of ghee. Fry the beef chunks over a medium-high heat until golden brown for about 3 minutes. Turn on the other side and brown for 3 more minutes. Work in batches so the pot doesn't get crowded.

2. Remove the chunks from the pot and place into a bowl.
3. Lower the heat and add diced onion, crushed garlic and sliced carrot (if used).
4. Return the beef chunks to the pot. Pour in the red wine and add tomato paste. The meat should almost be covered. If needed, add 1/2 - 1 cup water or broth (I didn't use any). Bring to a boil and mix well with a spatula scraping the caramelised cooking juices from the bottom of the pot.
5. Add your bouquet garni. You can make your bouquet garni by placing all the herbs in a piece of cheesecloth and tying with an unwaxed kitchen string. Place in the pot, cover with a lid and cook for 3 to 3 1/2 hours over a low heat.
6. When the meat is tender, take off the heat. Use a spatula to remove the bouquet garni from the pot and cover it with a lid.
7. Prepare the bacon and mushrooms. Grease a pan with the remaining ghee and add the sliced bacon. Cook for about 5 minutes until lightly browned and then add the mushrooms. Cook for another 4-5 minutes or until tender and browned.
8. When the mushrooms and bacon are ready, take off the heat and place in the pot with beef. Mix until well combined. Serve with Celeriac Cauli-Mash or regular Keto Cauli-Mash.

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