

Beef Bourguignon for a Crowd

Servings: 30

This is a hearty, low sodium version of a classical stew. The recipe is from a Medical Center in San Francisco.

7 1/4 lbs lean beef, well trimmed, cut into 1 inch cubes
1 1/4 tablespoons paprika
1 1/2 tablespoons oil
2 1/8 ounces flour
1 teaspoon marjoram or 1 teaspoon basil
1 teaspoon thyme
1/3 teaspoon pepper
1 1/2 lbs onions, chopped
1 lb carrots, sliced
7 1/4 ounces celery, diced
2 1/8 cups water or 2 1/8 cups no-salt-added beef broth (divided)
1 tablespoon fresh ginger root, grated (optional)
1 7/8 tablespoons garlic, minced
1 bay leaves
3 1/3 cups Burgundy wine
1/3 cup reduced-sodium soy sauce
1 lb fresh mushrooms, sliced (optional)
4 lbs noodles
1/3 cup parsley, chopped

Dry meat cubes well and coat with paprika.

In a large, heavy pot, heat oil and brown meat.

Mix together flour, marjoram or basil, thyme, and pepper and sprinkle over meat. Continue to brown for 10 minutes more.

In another pot, cook onions, carrots, and celery in a little of the salt-free broth or water.

Add vegetables to the meat with ginger root (if desired), garlic, bay leaves, wine, remaining water or broth, and soy sauce.

Simmer for 2 1/2-3 hours or until beef is tender. Fifteen minutes before stew is done, add sliced mushrooms (if desired). Cook noodles and drain.

Serve over noodles. Garnish with parsley.