

Beef Bourguignon

Ingredients

- 100 grams beef, cubed
- 1 cup beef broth or water
- 3 tablespoons tomato paste
- 1 tablespoon onion, chopped
- 1 clove garlic, crushed and sliced
- Pinch of dried thyme
- Pinch of marjoram
- Sea salt and pepper to taste

Makes 1 serving (1 protein, 1 vegetable)
21 grams protein
8 grams fat
190 calories

PHASE 3 MODIFICATIONS

Add ½ cup red wine, whisk in cold butter, and add additional non-starchy vegetables.

Directions

1. Lightly braise beef cubes with onion and garlic.
2. Combine all ingredients in a small saucepan.
3. Add liquid ingredients and spices.
4. Slow cook for a minimum of 30 minutes or until beef is tender.
5. Add additional water as needed to achieve desired consistency.

