

Slow Cooker Beef Bourguignon

Recipe from the kitchen of Lauren Haley

Prep Time: Thaw your Roast overnight in the refrigerator or for a faster thaw place in cold water

Cook Time: 6 - 8 hours

Equipment: Slow Cooker – 4 quart or larger

Ingredients:

- **2.5-4lb Native Acres Roast , cut into 1in cubes**
- 1 cup red wine
- 2 cups chicken broth
- ½ cup tomato sauce
- ¼ cup soy sauce
- ½ cup flour
- 3 garlic cloves, chopped
- 2 T. Thyme, finely chopped
- 5 Medium Carrots, sliced
- 8oz Fresh Mushrooms, sliced
- Fresh Parsley for Garnish

Directions:

1. In a Large Skillet cook bacon over Medium High heat until crisp
2. Put Bacon in the Slow Cooker
3. Salt and Pepper the beef heavily and add to the skillet and sear on each side for 2-3 min
4. Transfer beef to the slow cooker
5. Add the red wine to the skillet, allow to simmer and reduce and slowly add chicken broth, tomato sauce & soy sauce
6. Slowly whisk in the flour
7. Add the sauce to the slow cooker
8. Add garlic, thyme, carrots and mushrooms to the slow cooker
9. Cook on high for 6-8 hours
10. Garnish with fresh parsley and serve over mashed potatoes
11. Eat & Enjoy! 😊

Notes:

- Recommended sides: Mashed Potatoes and Danny Roy's Famous Green Beans

