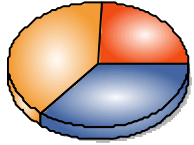




## Fruited Beef Casserole

Recipe grams: 2184.84g/77.1oz  
Serves 4 546.21g/19.3oz per serving



Protein: 27%  
Carbohydrates: 54%  
Fat: 17%  
Alcohol: 2%

### INGREDIENTS

1 lb BEEF ROUND, EYE OF, RAW, SLO, trim to 1/8" fat, select  
1 tbsp OLIVE OIL, EXTRA VIRGIN  
3 slices BACON, COOKED, RTS  
2 large CELERY, RAW, 11"-12" long  
1 large ONION, RAW  
3 cloves GARLIC, RAW  
1 tsp THYME, DRIED  
1/4 cup WINE, RED, BURGUNDY, table wine  
2 cup BEEF COOKING STOCK, Organic  
1 tbsp WORCESTERSHIRE  
12 prunes PRUNE, PITTED  
1 cup SOUR CHERRY (RED TART) WATER PACK  
8 oz CHESTNUT, EUROPEAN, ROASTED  
6 oz MUSHROOM, RAW  
2 tsp BAY LEAF, DRIED  
1 oz ORANGE PEEL, FRESH, GRATED  
1/4 cup TOMATO PUREE, Organic  
1 tsp SAVORY, GROUND  
2 tbsp PARSLEY, RAW

### DIRECTIONS

Toss the cubed beef in the seasoned flour, then heat the oil in a large ovenproof casserole dish and fry the beef to brown it all over. Add the bacon, celery, onion, garlic and thyme and cook for 6-8 minutes without browning. Add the wine, stock, and Worcestershire sauce along with the dried fruit, chestnuts, mushrooms, bay leaves, orange zest and tomato purée.

Slowly bring the mixture to a simmer then cover with a lid and place in an oven pre-heated to 350°F and cook for one to two hours or until the beef is tender.

At this point remove the casserole from the oven and allow to rest for five minutes. Skim off any fat that has risen to the surface. Season to taste and fold in a little finely-chopped parsley. Serve with braised red cabbage.

Alternatively, Place browned beef in a slow cooker and cook on low for 8 hours.

### Nutrition Facts

Serving Size: 1 serving (546.2g)  
Servings: 1

#### Amount Per Serving

Calories 490 Calories from Fat 80

% Daily Value\*

**Total Fat** 9g **15%**

Saturated Fat 2.5g **10%**

Trans Fat 0g

**Cholesterol** 45mg **15%**

**Sodium** 530mg **20%**

**Total Carbohydrate** 66g **20%**

Dietary Fiber 8g **35%**

Sugars 24g

**Protein** 34g

Vitamin A 30%

Vitamin C 40%

Calcium 10%

Iron 30%

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