

# Lightened Beef Bourguignon (Instant Pot Friendly)

## Key Healthy Changes

- Use **lean beef (top sirloin or eye of round)** instead of fatty braising cuts
- Replace bacon with **lean turkey bacon or omit entirely**
- Reduce oil and eliminate butter
- Use **low-sodium broth**
- Thicken naturally (less starch)

## Ingredients (Serves 4–6)

- 2 medium onions, finely diced
- 2 slices **turkey bacon**, finely chopped (*optional but adds flavor*)
- **1 tsp olive oil**
- 3 cloves garlic, minced
- **2–2.5 lb. lean beef** (sirloin or eye of round), cubed
- 1 tsp sea salt (or less, to taste)
- ½ tsp black pepper
- **1 cup low-sodium beef stock**
- **¾ cup dry red wine** (slightly reduced)
- 1 cup chopped canned tomatoes (no added sugar)
- 1 tsp dried herbs (thyme, oregano mix)
- 1 bay leaf
- 1 sprig rosemary (or pinch dried)
- 5 oz mushrooms, sliced
- 2 large carrots, sliced
- **1–2 tsp cornstarch** (optional, for light thickening)
- 2 tbsp fresh parsley, to finish

## Method

### 1. Build Flavor Base

Turn Instant Pot to **Sauté**.

Add olive oil, onions, and turkey bacon. Cook ~5 minutes until softened and lightly golden.

### 2. Brown the Beef (Lightly)

Add garlic and beef.

Cook briefly (2–3 minutes), just until lightly browned—no need for heavy searing.

### 3. Deglaze & Combine

Add: stock, wine, tomatoes and herbs

Stir well, scraping any bits from the bottom.

Add mushrooms and **carrots**.

### 4. Pressure Cook

Lock lid and cook on **High Pressure – 30 minutes**.

Natural release for 10 minutes, then quick release.

### 5. Finish Lightly

Return to **Sauté** mode:

- Add remaining carrots
- Simmer uncovered 8–10 minutes to reduce naturally

If needed, stir in **1–2 tsp cornstarch slurry** (optional).

Skip the butter finish from the original recipe — the sauce will still be rich from the reduction.

### 6. Serve

Finish with fresh parsley.

Serve over:

- Steamed vegetables
- Cauliflower mash
- Light rice or whole grains

### Optional Flavor Boosts (Still Healthy)

- Add **1 tsp balsamic vinegar** at the end for depth
- Stir in **extra mushrooms** for more volume & umami
- Add a splash of **soy sauce or Worcestershire (low sodium)**

**Estimated Nutrition** *(Based on 5 servings, lean beef, turkey bacon included, minimal starch)*  
**(approximate Per Serving):**

- **Calories:** ~340 kcal
- **Protein:** ~38 g
- **Carbohydrates:** ~12 g
- **Fat:** ~12 g
- **Fiber:** ~3 g

