

# Keto Cure Me Beef Bourguignon

## Ingredients

- 600 grams of beef shin, cut into large pieces
- 100 grams streaky bacon chopped into large pieces
- 5 shallots or small onions, peeled - then halved
- Salt and pepper to season
- 750 ml bottle red wine, dry red is good
- 1 x 450 gram tin of crushed tomatoes
- 2 garlic cloves, sliced
- 4 large field mushrooms, the large open kind
- Rosemary and thyme sprigs tied up so you can remove them later
- 1 tbsp. tomato purée
- 3.0 tsp. suet (beef fat)
- 2 bay leaves (remove later)
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## Method:

Heat a large pan pan and add 1 tbsp Suet. You can use beef fat or coconut oil.

Season the beef with salt and pepper and cook until brown, adding more fat if needed.

Do this in small batches, transferring meat to a casserole dish for your oven or slow cooker.

In the same pan, fry bacon, onions, mushrooms and garlic. Cook until lightly browned. Mix in the tomatoes...cook for a couple of minutes, stirring through.

Pour in the wine and add 100ml water, just covering the meat. St your slow cooker to low and leave for 6-7 hours or until tender.

Leave the beef to cook for at least three hours if you are cooking in the oven. I set the oven to approx. 150 degrees c. It will only get

better the longer you leave it to cook. Sometimes I leave it in the overnight on the lowest setting possible.

If there is too much sauce you can remove the meat and reduce the sauce down in a saucepan.

I serve this with Cauliflower mash, or creamed spinach and other low carb veg as a side. Sometimes we have this dish in a bowl like soup with nothing else as it is very filling.

This recipe has tomatoes and onions and because I don't eat tomatoes and onions often I am not too concerned about the sugars in these ingredients. Per serve it is still a low carb meal.

Enjoy