

Low-Carb Beef Bourguignon Soup with Almond Flour Noodles

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4 min

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INGREDIENTS

For the Almond Flour Egg Noodles: 2 large eggs 1 tablespoon xanthan gum 1/4 cup almond flour Salt to taste:

DIRECTIONS

1. Steps for the : Recipe
2. Brown the : Beef
3. : In a large pot or Dutch oven, heat the olive oil over medium-high heat. Pat the beef cubes dry with paper towels. Brown the beef in batches to avoid overcrowding the pot. Once browned on all sides, remove the beef and set it aside.
4. SautØ Aromatics
5. : Reduce the heat to medium. Add the chopped onion to the same pot and cook until it softens, about 4 minutes. Then, add the minced garlic and sliced mushrooms, cooking for another 2 minutes until the mushrooms begin to release their moisture.
6. Build the : Flavor
7. : Stir in the tomato paste and cook for 2 minutes. This step helps to deepen the flavor.
8. Deglaze and : Simmer
9. : Pour in the beef broth and red wine (if using), using a wooden spoon to scrape up any browned bits from the bottom of the pot. This is where a lot of the flavor lives! Return the beef to the pot, then add the dried thyme, bay leaf, salt, and pepper. Bring to a gentle simmer.
10. Cook the : Soup
11. : Reduce the heat to low, cover the pot, and let it simmer for at least 1 hour, or until the beef is fork-tender. The longer it simmers, the more tender the beef will be.
12. Make the : Noodles
13. : While the soup is simmering, prepare the noodles. In a medium bowl, whisk together the two large eggs. Add

the xanthan gum, 1/4 cup almond flour, and a pinch of salt. Mix until a smooth dough forms.

14. Roll and : Cut Noodles
15. : Place the dough between two sheets of parchment paper. Roll it out with a rolling pin until it is about 1/8-inch thick. Use a knife or a pizza cutter to slice the dough into noodle-sized strips.
16. Cook the : Noodles
17. : Bring a separate pot of salted water to a boil. Gently add the almond flour noodles and cook for just 2-3 minutes, or until they float to the top. They cook very quickly! Drain them and set them aside.
18. Finish the : Soup and Serve
19. : Once the beef is tender, stir in the 2 tablespoons of almond flour to thicken the broth. Remove the bay leaf. Ladle the hot soup over the cooked almond flour noodles in individual bowls. Serve immediately and enjoy.

SWAPS & NOTES

Beef : Beef chuck is ideal for this recipe because it becomes incredibly tender after a long simmer.

You could also use beef stew meat, which is often pre-cut, but ensure it has a good amount of marbling.

Red Wine : The red wine is key to the traditional flavor profile of Beef Bourguignon.

A dry red wine like a Pinot Noir or Merlot works best.

TIPS FOR SUCCESS

Don't Rush the Browning : Browning the beef is a crucial step.

It creates a deep, rich flavor foundation for the entire soup.

Don't crowd the pot; work in batches to ensure a good sear.

The Power of Xanthan Gum : For the noodles, xanthan gum is non-negotiable.

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