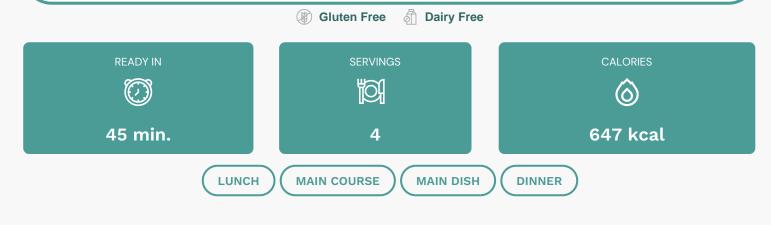


Beef and Wild Mushrooms



Ingredients

i bay leaves
2 pound beef chuck boneless
1 cup wine dry red
2 garlic clove smashed
4 servings kosher salt
8 cups beef broth low-sodium
8 ounces mushrooms mixed stemmed (such as hen of the woods, chanterelle, crimini, and shiitake)
3 tablespoons olive oil divided

	4 medium onion coarsely chopped
	4 servings sea salt (such as Maldon)
	1 sprig thyme leaves
Eq	uipment
	frying pan
	pot
	baking pan
Di	rections
	Heat 11/2 tablespoons oil in a large heavy pot overmedium-high heat. Season beef with koshersalt; cook, turning, until browned on all sides, about 15 minutes.
	Transfer beef to a plate.
	Add remaining 11/2 tablespoons oil to pot.
	Addonions, garlic, thyme sprig, and bay leaf.Cook, stirring often, until onions are goldenbrown and soft, 10–15 minutes.
	Removepot from heat and add wine. Return pot toheat, bring to a boil, and simmer until wineis reduced by half, about 3 minutes.
	Return beef to pot; add broth. Bring toa boil; reduce heat, cover, and simmergently until beef is fork-tender, 5-6 hours.
	Let beef cool in cooking liquid, thentransfer to a shallow baking dish. Strainbraising liquid through a fine-mesh sieveover meat in dish. Cover and chill overnight.DO AHEAD: Beef can be made 3 daysahead. Keep chilled. Discard fat fromsurface of braising liquid before continuing.
	Cut beef into 4 pieces; set aside.
	Transferchilled braising liquid to a large skillet andbring to a boil; cook until thickened andreduced to 11/2 cups, 25-30 minutes. Tasteand season sauce with salt, if needed.
	Add beef to skillet with sauce, cover,and cook over medium-low heat until beefis heated through, 8-10 minutes. Dividebeef among plates. Spoon sauce over, topwith mushrooms, and sprinkle with flakysea salt.

Nutrition Facts

Properties

Glycemic Index:33.5, Glycemic Load:3.2, Inflammation Score:-8, Nutrition Score:31.005217318949%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 6.4mg, Epicatechin: 6.4

Nutrients (% of daily need)

Calories: 646.7kcal (32.33%), Fat: 36.94g (56.83%), Saturated Fat: 12.93g (80.83%), Carbohydrates: 16.26g (5.42%), Net Carbohydrates: 12.9g (4.69%), Sugar: 6.03g (6.7%), Cholesterol: 156.49mg (52.16%), Sodium: 1461.27mg (63.53%), Alcohol: 6.3g (100%), Alcohol %: 0.84% (100%), Protein: 54.15g (108.3%), Zinc: 17.85mg (119%), Vitamin B12: 6.19μg (103.19%), Selenium: 50.72μg (72.45%), Vitamin B3: 12.15mg (60.74%), Vitamin B6: 1.19mg (59.33%), Potassium: 2053.78mg (58.68%), Phosphorus: 526.64mg (52.66%), Iron: 5.32mg (29.57%), Vitamin B2: 0.48mg (28.5%), Vitamin B5: 2.39mg (23.88%), Magnesium: 66.25mg (16.56%), Manganese: 0.33mg (16.37%), Vitamin B1: 0.21mg (14.13%), Fiber: 3.36g (13.44%), Copper: 0.27mg (13.4%), Vitamin E: 1.97mg (13.11%), Vitamin C: 9.02mg (10.93%), Vitamin K: 10.19μg (9.7%), Folate: 35.28μg (8.82%), Calcium: 69.27mg (6.93%), Vitamin D: 0.45μg (3.02%)