



## Beef and Wild Mushrooms



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 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

## Equipment

- ☐ frying pan
- ☐ pot
- ☐ baking pan

## Directions

- ☐ Heat 1 1/2 tablespoons oil in a large heavy pot over medium-high heat. Season beef with kosher salt; cook, turning, until browned on all sides, about 15 minutes.
- ☐ Transfer beef to a plate.
- ☐ Add remaining 1 1/2 tablespoons oil to pot.
- ☐ Add onions, garlic, thyme sprig, and bay leaf. Cook, stirring often, until onions are golden brown and soft, 10–15 minutes.
- ☐ Remove pot from heat and add wine. Return pot to heat, bring to a boil, and simmer until wine is reduced by half, about 3 minutes.
- ☐ Return beef to pot; add broth. Bring to a boil; reduce heat, cover, and simmer gently until beef is fork-tender, 5–6 hours.
- ☐ Let beef cool in cooking liquid, then transfer to a shallow baking dish. Strain braising liquid through a fine-mesh sieve over meat in dish. Cover and chill overnight. **DO AHEAD:** Beef can be made 3 days ahead. Keep chilled. Discard fat from surface of braising liquid before continuing.
- ☐ Cut beef into 4 pieces; set aside.
- ☐ Transfer chilled braising liquid to a large skillet and bring to a boil; cook until thickened and reduced to 1 1/2 cups, 25–30 minutes. Taste and season sauce with salt, if needed.
- ☐ Add beef to skillet with sauce, cover, and cook over medium-low heat until beef is heated through, 8–10 minutes. Divide beef among plates. Spoon sauce over, top with mushrooms, and sprinkle with flaky sea salt.

## Nutrition Facts



 **PROTEIN 35.27%**  **FAT 54.14%**  **CARBS 10.59%**

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, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 5.52mg, Isorhamnetin: 5.52mg, Isorhamnetin: 5.52mg, Isorhamnetin: 5.52mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 22.7mg, Quercetin: 22.7mg, Quercetin: 22.7mg, Quercetin: 22.7mg

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%)