



Beef Cooked with Carrots, Onions, and Dried Plums



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound baby carrots
- ☐ 3 bay leaves
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2.5 pound chuck roast boneless trimmed
- ☐ 2 cups plums dried pitted
- ☐ 2 teaspoons grapeseed oil extravirgin
- ☐ 3 cups onion thinly sliced

- ☐ 2 rosemary sprigs
- ☐ 1 sage sprig
- ☐ 2 teaspoons sea salt
- ☐ 20 thyme sprigs
- ☐ 4 cups warm water

Equipment

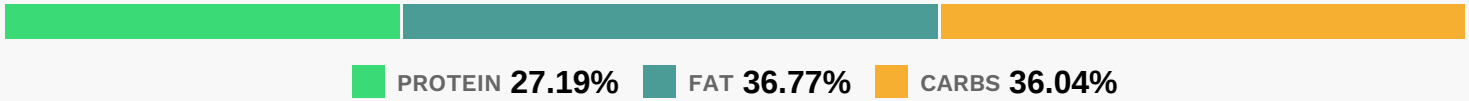
- ☐ frying pan
- ☐ oven
- ☐ ziploc bags
- ☐ measuring cup
- ☐ dutch oven
- ☐ cheesecloth
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 35
- ☐ Tie the roast at 2-inch intervals with twine; rub with salt and pepper.
- ☐ Heat oil in Dutch oven over medium-high heat.
- ☐ Add roast; cook 12 minutes, browning on all sides.
- ☐ Remove roast from pan.
- ☐ Add onion and water to pan, scraping pan to loosen browned bits. Return meat to pan.
- ☐ Place rosemary, thyme, sage, and bay leaves on a double layer of cheesecloth. Gather edges of cheesecloth together; tie securely.
- ☐ Add cheesecloth to pan; cover, reduce heat, and simmer.
- ☐ Bake, covered, at 350 for 1 1/2 hours. Turn roast; bake, covered, an additional 45 minutes.
- ☐ Add carrots and dried plums; bake, covered, an additional 45 minutes or until carrots are tender.

- ☐ Place roast, carrots, and dried plums on platter; keep warm. Reserve cooking liquid. Discard bag.
- ☐ Place a zip-top plastic bag inside a 2-cup glass measure.
- ☐ Pour reserved cooking liquid into bag; let stand 2 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.
- ☐ Drain drippings into measuring cup, stopping before fat layer reaches opening; discard fat. Slice roast; garnish with sage leaves, if desired.
- ☐ Serve with carrot mixture and sauce.

Nutrition Facts



Properties

Glycemic Index:32.13, Glycemic Load:8.56, Inflammation Score:-10, Nutrition Score:27.57652153917%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.96mg, Quercetin: 12.96mg, Quercetin: 12.96mg, Quercetin: 12.96mg

Nutrients (% of daily need)

Calories: 415.59kcal (20.78%), Fat: 17.63g (27.12%), Saturated Fat: 7.34g (45.86%), Carbohydrates: 38.89g (12.96%), Net Carbohydrates: 32.7g (11.89%), Sugar: 21.82g (24.24%), Cholesterol: 97.81mg (32.6%), Sodium: 749.89mg (32.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.33g (58.66%), Vitamin A: 8301.41IU (166.03%), Zinc: 11.11mg (74.09%), Vitamin B12: 3.87µg (64.5%), Selenium: 30.16µg (43.08%), Vitamin B6: 0.77mg (38.71%), Vitamin B3: 7.38mg (36.91%), Phosphorus: 334.3mg (33.43%), Vitamin K: 33.99µg (32.37%), Potassium: 1030.13mg (29.43%), Iron: 4.47mg (24.85%), Fiber: 6.19g (24.75%), Vitamin B2: 0.34mg (19.74%), Manganese: 0.39mg (19.38%), Copper: 0.34mg (17.05%), Magnesium: 62.17mg (15.54%), Vitamin B5: 1.37mg (13.69%), Vitamin C: 10.21mg (12.38%), Vitamin B1: 0.16mg (10.8%), Calcium: 90.55mg (9.06%), Folate: 34.01µg (8.5%), Vitamin E: 0.76mg (5.06%)