

Beef Pot Roast



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



812 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 2 cups beef stock
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons canned tomatoes canned crushed
- ☐ 3.5 pounds beef chuck boneless
- ☐ 1 small clove garlic minced
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil

☐ 1 large onion chopped

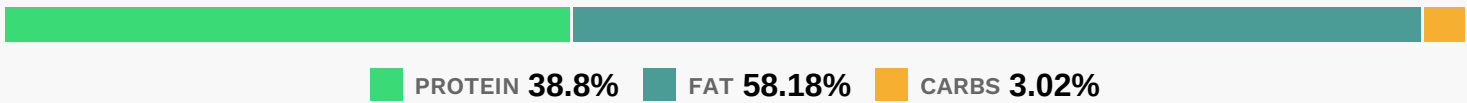
Equipment

- ☐ oven
- ☐ pot
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ dutch oven
- ☐ cutting board

Directions

- ☐ Preheat oven to 350 F.
- ☐ Heat the olive oil in a Dutch oven over medium-high heat. Season the boneless chuck with the salt and pepper and sear on all sides until golden brown, 3 to 4 minutes per side.
- ☐ Remove the beef and set aside.
- ☐ Place the onion and garlic in the Dutch oven and cook, stirring, until brown and fragrant, about 2 minutes.
- ☐ Add the stock, scraping the bottom of the pot with a wooden spoon to loosen any brown bits, then add the tomatoes and bay leaf. Return the beef to the pot, cover tightly, and transfer to oven until the beef is fork-tender, 2 to 3 hours.
- ☐ Remove the beef to a cutting board and cover it loosely with foil.
- ☐ Transfer the pot to a burner over moderately high heat and bring the liquid to a boil.
- ☐ Remove from heat. Slice the beef.
- ☐ Serve with steamed broccoli and baked potatoes, spooning extra cooking liquid on top.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:1.1, Inflammation Score:-5, Nutrition Score:36.475217731103%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg

Nutrients (% of daily need)

Calories: 812.26kcal (40.61%), Fat: 52.75g (81.16%), Saturated Fat: 21.04g (131.53%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 5.24g (1.91%), Sugar: 2.74g (3.04%), Cholesterol: 273.86mg (91.29%), Sodium: 1156.92mg (50.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79.16g (158.32%), Zinc: 30.16mg (201.05%), Vitamin B12: 10.84µg (180.59%), Selenium: 83.57µg (119.39%), Vitamin B3: 18.4mg (91.98%), Vitamin B6: 1.66mg (82.91%), Phosphorus: 803.32mg (80.33%), Iron: 8.89mg (49.41%), Potassium: 1633.58mg (46.67%), Vitamin B2: 0.7mg (41.29%), Vitamin B5: 2.52mg (25.22%), Magnesium: 90.44mg (22.61%), Vitamin B1: 0.33mg (21.93%), Copper: 0.34mg (17.16%), Vitamin E: 1.92mg (12.82%), Vitamin K: 11.45µg (10.9%), Calcium: 92.57mg (9.26%), Manganese: 0.16mg (7.82%), Folate: 22.98µg (5.75%), Vitamin C: 4.04mg (4.9%), Fiber: 0.93g (3.74%), Vitamin D: 0.4µg (2.65%), Vitamin A: 79.17IU (1.58%)