



Beef Pot Roast and Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



313 kcal

SAUCE

Ingredients

- ☐ 3 cups pressure-cooker beef stock
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 large carrots peeled cut into 2-inch pieces
- ☐ 3 pound chuck roast boneless trimmed
- ☐ 0.5 cup cooking wine dry red
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 garlic cloves chopped
- ☐ 1 teaspoon kosher salt

- ☐ 2 teaspoons olive oil
- ☐ 1 large onion cut into 8 wedges
- ☐ 3 large parsnips peeled cut into 2-inch pieces
- ☐ 4 thyme sprigs with twine
- ☐ 1 pound turnips cut into 8 wedges
- ☐ 1 pound yukon gold potatoes peeled cut into 2-inch pieces

Equipment

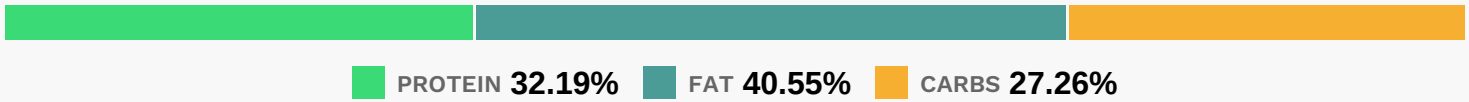
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ slotted spoon
- ☐ pressure cooker
- ☐ cheesecloth

Directions

- ☐ Heat a 6- or 8-quart pressure cooker over medium-high heat.
- ☐ Add oil to cooker; swirl to coat.
- ☐ Sprinkle roast evenly with salt and pepper.
- ☐ Add roast to cooker; saut 5 minutes, browning on all sides. Stir in 3 cups Pressure-Cooker Beef Stock and wine. Close lid securely; bring to high pressure over high heat. Reduce heat to medium or level needed to maintain high pressure; cook for 35 minutes.
- ☐ Remove from heat; release pressure through steam vent, or place cooker under cold running water to release pressure.
- ☐ Remove lid; add thyme sprigs and next 6 ingredients (through onion). Close lid securely. Return to high pressure; cook 1 minute.
- ☐ Remove from heat; release pressure through steam vent, or place cooker under cold running water to release pressure.
- ☐ Remove lid; let stand 5 minutes.

- ☐ Remove roast; slice roast thinly, and place on a platter.
- ☐ Remove vegetables from cooker using a slotted spoon, and place on platter with roast. Cover and keep warm.
- ☐ Strain cooking liquid through a cheesecloth-lined sieve into a large bowl; discard solids. Bring cooking liquid to a boil over medium-high heat in a large, wide skillet; cook until reduced to 1 1/2 cups (about 15 minutes).
- ☐ Remove 1/4 cup cooking liquid from pan; add 2 tablespoons flour, stirring with a whisk. Return flour mixture to pan; cook 2 minutes or until slightly thick, stirring with a whisk.
- ☐ Serve with roast and vegetables.
- ☐ Garnish each serving with fresh thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:38.72, Glycemic Load:10.36, Inflammation Score:-10, Nutrition Score:23.029565158098%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 313.35kcal (15.67%), Fat: 14.01g (21.55%), Saturated Fat: 5.88g (36.75%), Carbohydrates: 21.19g (7.06%), Net Carbohydrates: 16.95g (6.16%), Sugar: 5.31g (5.9%), Cholesterol: 78.24mg (26.08%), Sodium: 449.04mg (19.52%), Alcohol: 1.05g (100%), Alcohol %: 0.4% (100%), Protein: 25.01g (50.02%), Zinc: 9.16mg (61.06%), Vitamin A: 3038.96IU (60.78%), Vitamin B12: 3.1µg (51.6%), Selenium: 25.77µg (36.81%), Vitamin B6: 0.7mg (34.93%), Vitamin B3: 6.52mg (32.62%), Phosphorus: 305.03mg (30.5%), Vitamin C: 24.73mg (29.97%), Potassium: 946.95mg (27.06%), Manganese: 0.41mg (20.56%), Iron: 3.38mg (18.76%), Fiber: 4.23g (16.94%), Vitamin B2: 0.28mg (16.72%), Vitamin B1: 0.2mg (13.6%), Magnesium: 54.32mg (13.58%), Vitamin K: 14.15µg (13.47%), Folate: 50.54µg (12.64%), Vitamin B5: 1.19mg (11.93%), Copper: 0.24mg (11.91%), Vitamin E: 1.03mg (6.89%), Calcium: 65.92mg (6.59%)