



Beef Pot Roast with Turnip Greens

 Dairy Free

READY IN



518 min.

SERVINGS



12

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon peppercorns black
- 3 pound chuck roast boneless trimmed
- 2 cups cipollini onions peeled quartered
- 1 cup cooking wine dry red
- 0.8 cup flour all-purpose
- 1 bunch flat-leaf parsley fresh

- 3 garlic cloves crushed
- 1 teaspoon kosher salt
- 14 ounce lower-sodium beef broth fat-free canned
- 1 tablespoon olive oil
- 3 cups diagonally cut parsnips (2-inch) (1 pound)
- 4 thyme sprigs
- 2 tablespoons tomato paste
- 1 pound turnip greens fresh trimmed coarsely chopped
- 1 pound yukon gold potatoes cubed peeled

Equipment

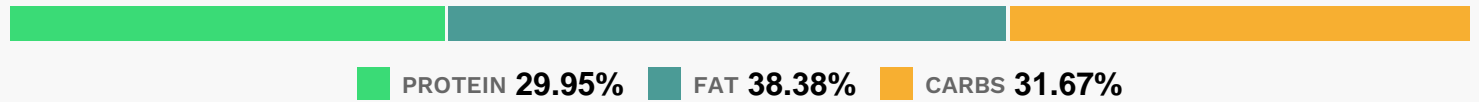
- frying pan
- slow cooker
- cheesecloth
- kitchen twine

Directions

- Place flour in a shallow dish.
- Sprinkle beef evenly with salt and pepper; dredge in flour.
- Heat a large skillet over medium-high heat.
- Add oil to pan; swirl to coat.
- Add beef; saut 10 minutes, turning to brown on all sides.
- Place turnip greens in a 6-quart electric slow cooker; top with parsnips, potatoes, and onions.
- Transfer beef to slow cooker.
- Add tomato paste to skillet; cook 30 seconds, stirring constantly. Stir in wine and broth; bring to a boil, scraping pan to loosen browned bits. Cook 1 minute, stirring constantly.
- Pour broth mixture into slow cooker.
- Place peppercorns and next 4 ingredients (through parsley) on a double layer of cheesecloth. Gather edges of cheesecloth together; secure with twine.

- Add cheesecloth bundle to slow cooker. Cover and cook on LOW 8 hours or until beef and vegetables are tender. Discard cheesecloth bundle.
- Remove roast from slow cooker; slice.
- Serve with vegetable mixture and cooking liquid.
- Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:37.81, Glycemic Load:12.65, Inflammation Score:-10, Nutrition Score:32.744782395985%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 10.25mg, Apigenin: 10.25mg, Apigenin: 10.25mg, Apigenin: 10.25mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg Kaempferol: 5.12mg, Kaempferol: 5.12mg, Kaempferol: 5.12mg, Kaempferol: 5.12mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg

Nutrients (% of daily need)

Calories: 351.15kcal (17.56%), Fat: 14.64g (22.52%), Saturated Fat: 5.98g (37.4%), Carbohydrates: 27.18g (9.06%), Net Carbohydrates: 22.06g (8.02%), Sugar: 4.27g (4.74%), Cholesterol: 78.24mg (26.08%), Sodium: 392.82mg (17.08%), Alcohol: 2.1g (100%), Alcohol %: 0.8% (100%), Protein: 25.71g (51.41%), Vitamin K: 185.38µg (176.55%), Vitamin A: 4858.85IU (97.18%), Zinc: 9.12mg (60.81%), Vitamin C: 46.37mg (56.21%), Vitamin B12: 3.1µg (51.6%), Selenium: 27.67µg (39.53%), Vitamin B6: 0.75mg (37.47%), Manganese: 0.69mg (34.42%), Folate: 134.75µg (33.69%), Vitamin B3: 6.43mg (32.17%), Phosphorus: 303.16mg (30.32%), Potassium: 974.98mg (27.86%), Iron: 4.26mg (23.67%), Fiber: 5.12g (20.47%), Vitamin B2: 0.29mg (17.24%), Copper: 0.34mg (17.11%), Vitamin B1: 0.25mg (16.62%), Magnesium: 63.07mg (15.77%), Vitamin E: 2.14mg (14.24%), Calcium: 132.4mg (13.24%), Vitamin B5: 1.28mg (12.75%)