



Beef Roast Braised in Red Wine



Gluten Free



Dairy Free



Popular

READY IN



225 min.

SERVINGS



6

CALORIES



714 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 pound chuck roast boneless
- ☐ 6 servings salt and ground pepper black
- ☐ 4 oz pancetta cut into 1/4-inch cubes
- ☐ 2 cups onions chopped
- ☐ 1 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 1 Tbsp tomato paste
- ☐ 1 tablespoon through garlic press minced pressed

- ☐ 750 ml zinfandel wine (can substitute Cabernet Sauvignon, or other full bodied red wine)
- ☐ 14.5 ounces canned tomatoes diced drained canned
- ☐ 1 Tbsp oregano fresh chopped
- ☐ 1 teaspoon rosemary fresh minced

Equipment

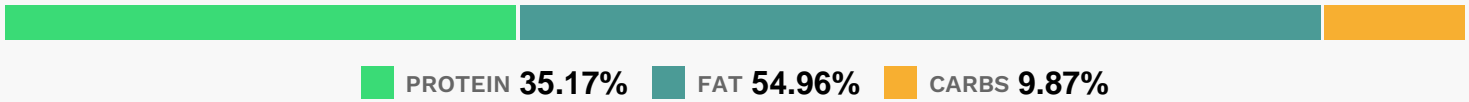
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ aluminum foil
- ☐ spatula
- ☐ slotted spoon
- ☐ dutch oven
- ☐ tongs
- ☐ immersion blender

Directions

- ☐ Salt the roast and let sit at room temp while you prep the vegetables: If your roast is very fatty, trim some of the fat. But it is important to keep some fat, as this will keep the roast moist while braising. In many supermarkets chuck roasts will already be properly trimmed.
- ☐ Salt the roast well and set aside at room temperature while you prepare all the other vegetables.
- ☐ Pour a little water into a Dutch oven or other heavy, lidded pot. Set the pot over medium heat and add the diced pancetta. As soon as the water begins to simmer, lower the heat to medium-low and slowly crisp up the pancetta; the water allows some of the fat in the pork to render out without charring the pancetta.
- ☐ When the pancetta is crispy and brown, remove it with a slotted spoon and set aside.

- ☐ Brown the roast on all sides: Preheat the oven to 300°F. Pat the beef roast dry with a paper towel, increase the heat to medium and brown all sides in the pot.
- ☐ Sauté the chopped vegetables: Once the meat has browned remove it to a bowl and add the onions, carrot and celery.
- ☐ Sprinkle salt over the vegetables while they cook. Increase the heat to medium-high and sauté for 2–3 minutes.
- ☐ Add the tomato paste and stir well, sauté for another 1–2 minutes.
- ☐ Add the garlic and cook a minute more.
- ☐ Add tomatoes, pancetta, herbs, wine, and the roast. Cover and cook: Increase the heat to high and add the tomatoes, the pancetta, herbs and red wine. Nestle the beef roast into the pot, cover, place in the 300°F oven and cook for 3 hours. At the halfway point, use tongs to turn the beef roast over.
- ☐ Strain and reduce the sauce:
- ☐ Remove the pot from oven and transfer beef to a large bowl; tent with foil to keep warm. Allow the liquid to settle in the pot for a few minutes, if you'd like, skim off some of the fat with a wide shallow spoon. If you have an immersion blender, use it to blend the contents of the pot. If you don't, use a whisk to help break down the vegetables.
- ☐ Boil the sauce until it is reduced to about 3 1/2 cups. Strain liquid through large fine-mesh strainer, pressing on solids with spatula to extract as much liquid as possible; you should have a couple cups strained sauce.
- ☐ Add any accumulated juices from the bowl you have the beef in. Boil the sauce again until it has reduced to 1 1/2 cups. Season sauce to taste with salt and pepper.
- ☐ Slice the meat and serve with the sauce:
- ☐ Cut the meat into roughly 1/2-inch-thick slices and pour the sauce over them.
- ☐ Serve with a bold red wine and crusty bread or mashed potatoes.

Nutrition Facts



Properties

Glycemic Index:38.81, Glycemic Load:2.67, Inflammation Score:-10, Nutrition Score:36.968260951664%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 2.51mg, Petunidin: 2.51mg, Petunidin: 2.51mg, Petunidin: 2.51mg Delphinidin: 2.55mg, Delphinidin: 2.55mg, Delphinidin: 2.55mg, Delphinidin: 2.55mg Malvidin: 17.55mg, Malvidin: 17.55mg, Malvidin: 17.55mg, Malvidin: 17.55mg Peonidin: 1.59mg, Peonidin: 1.59mg, Peonidin: 1.59mg, Peonidin: 1.59mg Catechin: 9.05mg, Catechin: 9.05mg, Catechin: 9.05mg, Catechin: 9.05mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 2.25mg, Naringenin: 2.25mg, Naringenin: 2.25mg, Naringenin: 2.25mg Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 2.7mg, Isorhamnetin: 2.7mg, Isorhamnetin: 2.7mg, Isorhamnetin: 2.7mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 713.6kcal (35.68%), Fat: 38.16g (58.7%), Saturated Fat: 15.92g (99.51%), Carbohydrates: 15.4g (5.13%), Net Carbohydrates: 12.43g (4.52%), Sugar: 6.29g (6.99%), Cholesterol: 195.04mg (65.01%), Sodium: 494.33mg (21.49%), Alcohol: 13.44g (100%), Alcohol %: 2.96% (100%), Protein: 54.94g (109.89%), Zinc: 20.61mg (137.43%), Vitamin B12: 7.32µg (121.97%), Selenium: 59.36µg (84.79%), Vitamin A: 3820.68IU (76.41%), Vitamin B6: 1.35mg (67.46%), Vitamin B3: 13.43mg (67.15%), Phosphorus: 602.11mg (60.21%), Iron: 7.46mg (41.43%), Potassium: 1439.95mg (41.14%), Vitamin B2: 0.52mg (30.73%), Manganese: 0.45mg (22.51%), Magnesium: 88.93mg (22.23%), Vitamin B1: 0.31mg (20.8%), Vitamin B5: 2.03mg (20.35%), Vitamin K: 20.1µg (19.14%), Vitamin C: 13.12mg (15.9%), Copper: 0.29mg (14.36%), Calcium: 120.53mg (12.05%), Fiber: 2.98g (11.91%), Vitamin E: 1.52mg (10.1%), Folate: 37.3µg (9.33%), Vitamin D: 0.34µg (2.27%)