



Beer-Braised Beef and Onions



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



8

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pound beef chuck boneless
- ☐ 24 ounces beer such as budweiser pilsner-style
- ☐ 3 pounds onions
- ☐ 2 tablespoons red-wine vinegar
- ☐ 2 turkish bay leaf
- ☐ 2 tablespoons vegetable oil divided

Equipment

- ☐ baking paper

- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Halve onions lengthwise, then slice lengthwise 1/4 inch thick.
- ☐ Pat beef dry and season all over with 2 1/2 teaspoons salt and 1 teaspoon pepper.
- ☐ Heat 1 tablespoon oil in a wide 5-to 6-quart heavy pot over medium-high heat until it shimmers. Brown beef on all sides, about 15 minutes, then transfer to a plate.
- ☐ Cook onions with bay leaves and 1/2 teaspoon salt in remaining tablespoon oil in pot, scraping up brown bits from bottom and stirring occasionally, until onions are well browned, about 25 minutes.
- ☐ Meanwhile, preheat oven to 350°F with rack in middle.
- ☐ Cut a round of parchment paper the diameter of the inside of pot (near the top). Set parchment round aside.
- ☐ Add beer and vinegar to onions and bring to a boil, stirring and scraping up brown bits.
- ☐ Add beef and meat juices from plate and return to a boil.
- ☐ Cover with parchment round and lid and braise in oven until meat is very tender when pierced in several places with a meat fork, about 3 1/2 hours.
- ☐ Transfer beef to a cutting board and let stand, loosely covered, 20 minutes.
- ☐ Cut off string, then slice meat. Skim off fat from sauce and discard bay leaves. Reheat if necessary.
- ☐ Serve braised beef with onions and sauce.
- ☐ Beef improves in flavor if made at least 1 day ahead (up to 4 days) and chilled in sauce (covered once cool). Discard solidified fat. To reheat, remove meat from sauce and slice, then spoon gelled sauce over meat in a shallow baking dish. Cover tightly with foil and heat in a 325°F oven, about 45 minutes. Alternatively, you can reheat meat, unsliced, in sauce.

Nutrition Facts



 PROTEIN **36.11%**  FAT **51.81%**  CARBS **12.08%**

Properties

Glycemic Index:8.44, Glycemic Load:4.73, Inflammation Score:-8, Nutrition Score:31.408260985561%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 34.55mg, Quercetin: 34.55mg, Quercetin: 34.55mg, Quercetin: 34.55mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 645.75kcal (32.29%), Fat: 36.12g (55.57%), Saturated Fat: 14.88g (93.03%), Carbohydrates: 18.94g (6.31%), Net Carbohydrates: 16.04g (5.83%), Sugar: 7.21g (8.01%), Cholesterol: 195.61mg (65.2%), Sodium: 240.14mg (10.44%), Alcohol: 3.32g (100%), Alcohol %: 0.77% (100%), Protein: 56.64g (113.28%), Zinc: 21.62mg (144.12%), Vitamin B12: 7.76µg (129.27%), Selenium: 59.76µg (85.37%), Vitamin B6: 1.33mg (66.47%), Vitamin B3: 12.89mg (64.46%), Phosphorus: 597.37mg (59.74%), Iron: 6.3mg (35%), Potassium: 1214.1mg (34.69%), Vitamin B2: 0.48mg (28.14%), Vitamin B5: 1.98mg (19.85%), Magnesium: 76.16mg (19.04%), Vitamin B1: 0.27mg (17.97%), Vitamin C: 12.62mg (15.29%), Manganese: 0.26mg (12.92%), Copper: 0.24mg (12.2%), Fiber: 2.9g (11.59%), Folate: 45.97µg (11.49%), Vitamin K: 11.19µg (10.65%), Calcium: 91.15mg (9.12%), Vitamin E: 0.85mg (5.67%), Vitamin D: 0.28µg (1.89%)