



Beer-Braised Beef with Onion, Carrot, and Turnips

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 0.5 teaspoon pepper black
- 1.5 tablespoons canola oil
- 3 slices carrots peeled
- 1 pound chuck roast boneless trimmed
- 12 ounce beer dark
- 3 tablespoons flour all-purpose

- 0.3 cup flat-leaf parsley fresh chopped
- 4 garlic cloves crushed
- 1 cup less-sodium beef broth fat-free
- 1 medium onion peeled cut into wedges
- 1 teaspoon salt divided
- 9 ounces turnips peeled cut into wedges

Equipment

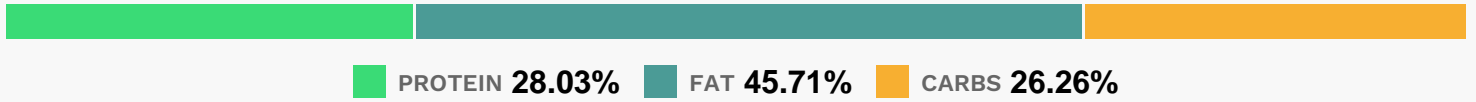
- bowl
- frying pan
- oven
- ziploc bags
- dutch oven

Directions

- Preheat oven to 30
- Place flour in a shallow dish.
- Heat oil in a Dutch oven over medium-high heat.
- Sprinkle beef evenly on all sides with 1/2 teaspoon salt and pepper; dredge in flour.
- Add beef to pan; cook 10 minutes, turning to brown on all sides.
- Add broth and next 3 ingredients (through bay leaf), scraping pan to remove browned bits; bring to a boil. Cover and bake at 300 for 1 1/2 hours.
- Add carrots; cover and cook 25 minutes.
- Add remaining 1/2 teaspoon salt, turnips, and onion; cover and cook an additional 1 hour and 5 minutes or until vegetables are tender and beef is fork-tender.
- Remove beef and vegetables from pan; discard bay leaf. Cover beef mixture; keep warm.
- Let cooking liquid stand 10 minutes.
- Place a zip-top plastic bag inside a 2-cup glass measure.

- Pour cooking liquid into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.
- Drain cooking liquid into a medium bowl, stopping before fat layer reaches opening; discard fat.
- Serve cooking liquid with beef and vegetables.
- Sprinkle each serving with 1 tablespoon parsley.

Nutrition Facts



Properties

Glycemic Index:89.08, Glycemic Load:10.3, Inflammation Score:-10, Nutrition Score:28.326086821763%

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: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 384.22kcal (19.21%), Fat: 18.69g (28.75%), Saturated Fat: 6.17g (38.58%), Carbohydrates: 24.16g (8.05%), Net Carbohydrates: 19.57g (7.12%), Sugar: 8.01g (8.9%), Cholesterol: 78.24mg (26.08%), Sodium: 896.37mg (38.97%), Alcohol: 3.32g (100%), Alcohol %: 0.91% (100%), Protein: 25.78g (51.56%), Vitamin A: 15620.37IU (312.41%), Vitamin K: 79.67µg (75.88%), Zinc: 9.09mg (60.63%), Vitamin B12: 3.11µg (51.88%), Selenium: 26.9µg (38.42%), Vitamin B6: 0.73mg (36.72%), Vitamin B3: 6.93mg (34.66%), Vitamin C: 26.76mg (32.44%), Phosphorus: 296.71mg (29.67%), Potassium: 1016.63mg (29.05%), Manganese: 0.4mg (19.99%), Iron: 3.48mg (19.35%), Fiber: 4.59g (18.34%), Vitamin B2: 0.3mg (17.68%), Vitamin B1: 0.23mg (15.42%), Folate: 56.85µg (14.21%), Magnesium: 51.73mg (12.93%), Vitamin B5: 1.2mg (12.03%), Vitamin E: 1.8mg (11.99%), Copper: 0.21mg (10.3%), Calcium: 91.46mg (9.15%)