



WHATSheATE



Braciola and Sausage Sunday Gravy



Very Healthy

READY IN



180 min.

SERVINGS



6

CALORIES



1560 kcal

SAUCE

Ingredients

- ☐ 1 handful basil leaves fresh
- ☐ 1 bay leaf
- ☐ 1 cup beef stock
- ☐ 0.5 cup breadcrumbs white homemade stale toasted
- ☐ 2 tablespoons butter
- ☐ 1 small carrots peeled halved
- ☐ 1 small rib celery halved
- ☐ 1 cup cooking wine dry red

- ☐ 5 tablespoons evoo
- ☐ 1 teaspoon fennel seeds
- ☐ 0.8 cup flat-leaf parsley leaves fresh chopped
- ☐ 2 small fresno dried red italian crushed seeded thinly sliced finely chopped (can substitute 1 teaspoon pepper flakes)
- ☐ 6 links sausage italian hot
- ☐ 2 teaspoons lemon zest
- ☐ 1 small onion peeled halved
- ☐ 1 cup pecorino cheese grated plus more to pass at the table
- ☐ 2 cubanelle peppers thinly sliced
- ☐ 0.3 cup pinenuts toasted sliced
- ☐ 4 ounces prosciutto di parma finely chopped
- ☐ 1 large bell pepper red thinly sliced
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1.5 pounds pasta like spaghetti
- ☐ 1 tablespoon tomato paste
- ☐ 2 cups tomato purée
- ☐ 2 large cans san marzano tomatoes italian
- ☐ 6 top round steaks very thin
- ☐ 1 large onion red yellow thinly sliced
- ☐ 6 cloves 3 minced grated crushed

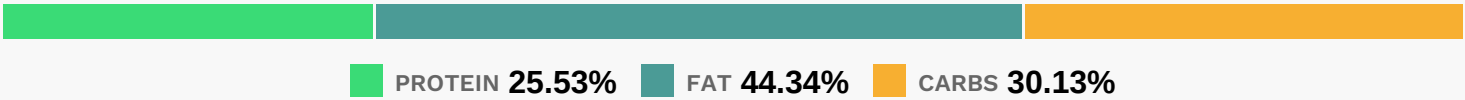
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ stove
- ☐ gravy boat

Directions

- ☐ Watch how to make this recipe.
- ☐ Sprinkle the meat on both sides with salt and pepper. In a bowl, combine half of the cheese, the breadcrumbs, 1/2 cup parsley, pine nuts, lemon zest, salami, minced garlic and the finely chopped chile pepper. Top the steaks, leaving a 1-inch border.
- ☐ Roll and tie the meat.
- ☐ Heat about 2 tablespoons of EVOO in a pot over medium-high heat. When the oil smokes, add the meat bundles and brown.
- ☐ Remove the meat bundles, then add the sausages and cook until brown, then remove.
- ☐ Add about 1 tablespoon of EVOO and reduce the heat to medium, then stir in the fennel seeds and cook for 15 seconds.
- ☐ Add the wine and deglaze the pan, then add the tomatoes, bay leaf, carrots, celery and halved onion. Break up the tomatoes, and add the passata, then stir in the basil and season with salt and pepper. Slide the meat and sausages into the sauce and bring to a bubble, reduce the heat and simmer partially covered for a couple of hours, stirring occasionally.
- ☐ In a skillet, heat about 2 tablespoons EVOO, 2 turns of the pan, then add the sliced onions, cubanelles, red bell peppers and sliced chile pepper, and cook to soften, stirring frequently, 12 to 15 minutes.
- ☐ Add the stock, the remaining 1/4 cup parsley, tomato paste and season with salt and pepper. Simmer 15 minutes more.
- ☐ For a make-ahead meal, cool the sauce and meat and refrigerate. Reheat over a medium-low flame on the stovetop until warmed through. Store the onions and peppers separately and reheat over medium-low heat in small skillet.
- ☐ To serve, bring a large pot of water to a boil, salt the water and cook the spaghetti to al dente.
- ☐ Place the meat and sausages on a serving platter.
- ☐ Remove the onions, carrots, celery and bay leaf.
- ☐ Add about 1 cup of the starchy cooking water to the sauce, then put half of the sauce in a gravy boat. Melt the butter into the remaining sauce and toss with the pasta and cheese.
- ☐ Serve the pasta alongside the meat roll and sausage. Top the pasta and meat with more sauce and cheese, and serve the peppers and onions on top of the sausage.

Nutrition Facts



Properties

Glycemic Index:103.97, Glycemic Load:36.99, Inflammation Score:-10, Nutrition Score:64.871304823005%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 4.29mg, Epicatechin: 4.29mg, Epicatechin: 4.29mg, Epicatechin: 4.29mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 16.36mg, Apigenin: 16.36mg, Apigenin: 16.36mg, Apigenin: 16.36mg Luteolin: 2.23mg, Luteolin: 2.23mg, Luteolin: 2.23mg, Luteolin: 2.23mg Isorhamnetin: 1.95mg, Isorhamnetin: 1.95mg, Isorhamnetin: 1.95mg, Isorhamnetin: 1.95mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg Quercetin: 12.35mg, Quercetin: 12.35mg, Quercetin: 12.35mg, Quercetin: 12.35mg

Nutrients (% of daily need)

Calories: 1560.32kcal (78.02%), Fat: 74.9g (115.23%), Saturated Fat: 25.3g (158.11%), Carbohydrates: 114.5g (38.17%), Net Carbohydrates: 105.23g (38.27%), Sugar: 13.7g (15.22%), Cholesterol: 262.82mg (87.61%), Sodium: 1537.44mg (66.85%), Alcohol: 4.2g (100%), Alcohol %: 0.64% (100%), Protein: 97.05g (194.1%), Selenium: 182.22µg (260.32%), Vitamin K: 148.65µg (141.57%), Vitamin C: 115.88mg (140.46%), Vitamin B6: 2.6mg (130.14%), Vitamin B3: 25.28mg (126.38%), Phosphorus: 1165.17mg (116.52%), Zinc: 15.62mg (104.15%), Manganese: 1.74mg (87.16%), Vitamin B1: 1.23mg (81.97%), Vitamin A: 3901.88IU (78.04%), Vitamin B12: 4.39µg (73.18%), Potassium: 2298.79mg (65.68%), Iron: 10.97mg (60.96%), Copper: 1.11mg (55.63%), Vitamin B2: 0.94mg (55.06%), Magnesium: 202.12mg (50.53%), Vitamin E: 6.34mg (42.29%), Fiber: 9.27g (37.08%), Calcium: 363.57mg (36.36%), Vitamin B5: 3.52mg (35.24%), Folate: 127.2µg (31.8%), Vitamin D: 0.16µg (1.06%)