



Braised BBQ Beef Sandwich

 Dairy Free

READY IN



215 min.

SERVINGS



12

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound chuck roast dried rinsed
- ☐ 2 medium onions chopped
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 28 ounce canned tomatoes whole canned (preferably plum tomatoes)
- ☐ 18 ounce barbecue sauce homemade your favorite (or)
- ☐ 12 servings salt and pepper black freshly ground
- ☐ 12 hamburger buns

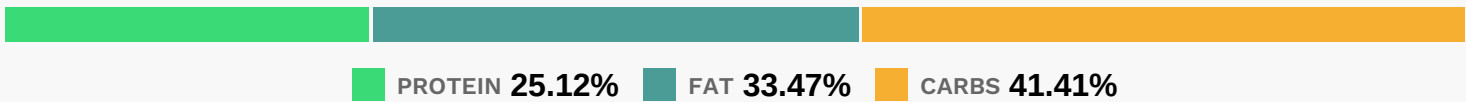
Equipment

- ☐ frying pan
- ☐ knife
- ☐ pot

Directions

- ☐ Make sauce with onions, tomatoes, BBQ sauce: In a large, heavy pot, heat olive oil on medium heat.
- ☐ Add the onions and cook until translucent, about 5 minutes.
- ☐ Add the tomatoes, roughly chopping them in the pot.
- ☐ Add the barbecue sauce, increase heat to medium high and simmer for 10 minutes.
- ☐ Add the beef roast, simmer on low for 3 hours:
- ☐ Add the chuck roast. Bring to a low simmer, cover and slow cook until meat is very tender, stirring occasionally, about 3 hours.
- ☐ Separate meat into small pieces:
- ☐ Remove the meat from the pot. Use a fork and knife to separate the roast into small pieces. Set aside.
- ☐ Reduce liquid in sauce: Increase the heat on the pot to medium/medium-high, uncover, and reduce the liquid until thick. Stir often to prevent burning.
- ☐ Return meat to sauce: Return the meat to the liquid in the pan. Warm both thoroughly.
- ☐ Add salt and pepper to taste.
- ☐ Serve on buns.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:14.62, Inflammation Score:-5, Nutrition Score:21.402173964874%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg,

Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 436.29kcal (21.81%), Fat: 16.34g (25.14%), Saturated Fat: 6.3g (39.35%), Carbohydrates: 45.49g (15.16%), Net Carbohydrates: 42.74g (15.54%), Sugar: 20.94g (23.26%), Cholesterol: 78.24mg (26.08%), Sodium: 830.37mg (36.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.6g (55.19%), Zinc: 9.12mg (60.83%), Vitamin B12: 3.18µg (53.03%), Selenium: 36.1µg (51.57%), Vitamin B3: 7.79mg (38.93%), Vitamin B6: 0.61mg (30.74%), Phosphorus: 292.9mg (29.29%), Iron: 5.02mg (27.89%), Vitamin B1: 0.38mg (25.08%), Manganese: 0.46mg (23.01%), Potassium: 749.52mg (21.41%), Vitamin B2: 0.36mg (20.91%), Folate: 56.77µg (14.19%), Copper: 0.28mg (13.81%), Magnesium: 52.2mg (13.05%), Calcium: 122.39mg (12.24%), Vitamin E: 1.67mg (11.14%), Fiber: 2.75g (11%), Vitamin C: 8.26mg (10.01%), Vitamin B5: 0.97mg (9.74%), Vitamin K: 8.98µg (8.55%), Vitamin A: 253.56IU (5.07%)