



## Chicago Italian Beef (Pot Roast Style)

 Dairy Free  Very Healthy

READY IN



1285 min.

SERVINGS



4

CALORIES



1427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3.5 pounds beef chuck eye roast boneless
- 3 cups beef stock
- 0.5 teaspoon pepper black freshly ground
- 2 cups canola oil
- 1 cup small-diced carrots
- 1 cup tiny cauliflower florets
- 1 stalk celery diced
- 2 teaspoons pepper red crushed

- 0.5 cup cooking wine dry red
- 2 sprigs thyme leaves fresh
- 2 cloves garlic minced
- 6 cloves garlic roughly chopped
- 1 teaspoon sea salt
- 4 bell peppers green seeded cut into strips
- 1 tablespoon penzey's southwest seasoning dried italian
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons olive oil
- 1 medium onion roughly chopped
- 1 tablespoon oregano dried
- 1 small bell pepper diced red
- 4 to 8 serrano peppers sliced (depending on heat level desired)
- 6 hoagie rolls soft
- 0.3 cup salt
- 2 tablespoons vegetable oil

## Equipment

- bowl
- baking sheet
- oven
- pot
- sieve
- aluminum foil
- dutch oven
- cutting board
- canning jar

## Directions

- Watch how to make this recipe.
- For the pot roast: Position a rack in the middle position and preheat the oven to 300 degrees F.
- Liberally sprinkle the entire roast with salt and pepper.
- Heat the vegetable oil in a Dutch oven over medium-high heat. Brown the roast on all sides until golden and caramelized; reduce the heat if the fat begins to smoke.
- Transfer the roast to a plate and reduce the heat to medium.
- Add in the onions and saute, stirring occasionally, until just beginning to brown, 8 to 10 minutes.
- Add the Italian seasoning and crushed red pepper and saute until fragrant, another minute.
- Add the garlic and saute until fragrant, about 30 seconds. Deglaze with the red wine and cook until reduced by half.
- Add in the stock and thyme and bring to a simmer. Adjust the seasoning of the jus.
- Place the roast back into the pot with any accumulated juices and place in the oven. Cook the roast, turning every 30 minutes, until very tender, 3 3/2 to 4 hours. Increase the oven heat to 350 degrees F.
- Transfer the roast to a cutting board and tent with foil. Strain the jus through a fine mesh strainer into a bowl and return back to the pot. Bring to a simmer and adjust the seasoning if necessary. Once cooled a bit, pull the meat into smaller chunks, return to the reduced jus and reserve until ready to build the sandwiches.
- For the sweet peppers: Toss the pepper strips with the olive oil, granulated garlic and some salt and pepper on a baking sheet.
- Bake, stirring halfway through, until lighter in color and soft, about 20 minutes.
- Place some beef on a roll, then some sweet peppers and then some Homemade Hot Giardiniera.
- Pour a small dish of reduced jus. Take the whole sandwich and quickly dunk in hot jus. Using two hands, go the hell to town.
- Combine 2 cups water and the salt in a glass or non- reactive bowl.
- Mix until the salt is dissolved.
- Add the carrots, cauliflower, serranos, garlic, celery and bell peppers to the salt water and stir to combine. Cover and refrigerate overnight.

- Drain and rinse the vegetables. In a clean bowl, mix together the canola oil with the oregano and pepper.
- Add the vegetables and mix to combine. Cover and refrigerate overnight. Giardiniera will only get better with time. After 2 days at the most in the bowl, you can place in air-tight Mason jars and keep in the fridge for at least 2 to 3 weeks. Makes 3 to 4 cups.
- From Food Network Kitchens; after further testing and to ensure the best results this recipe has been altered from what was in the actual episode.

## Nutrition Facts



### Properties

Glycemic Index:109.21, Glycemic Load:37.57, Inflammation Score:-10, Nutrition Score:59.059130647908%

### Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 6.38mg, Luteolin: 6.38mg, Luteolin: 6.38mg, Luteolin: 6.38mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 9.73mg, Quercetin: 9.73mg, Quercetin: 9.73mg, Quercetin: 9.73mg

### Nutrients (% of daily need)

Calories: 1427.13kcal (71.36%), Fat: 86.01g (132.32%), Saturated Fat: 23.95g (149.66%), Carbohydrates: 71.03g (23.68%), Net Carbohydrates: 63.01g (22.91%), Sugar: 14.88g (16.53%), Cholesterol: 273.86mg (91.29%), Sodium: 8252.34mg (358.8%), Alcohol: 3.15g (100%), Alcohol %: 0.36% (100%), Protein: 91.17g (182.35%), Zinc: 30.81mg (205.38%), Vitamin B12: 10.84µg (180.59%), Vitamin C: 141.08mg (171%), Iron: 26.99mg (149.95%), Vitamin A: 6883.96IU (137.68%), Selenium: 85.71µg (122.44%), Vitamin B6: 2.24mg (111.85%), Vitamin B3: 20.37mg (101.87%), Phosphorus: 889.58mg (88.96%), Vitamin K: 77.66µg (73.96%), Potassium: 2252.8mg (64.37%), Vitamin E: 8.15mg (54.3%), Vitamin B2: 0.87mg (51.36%), Manganese: 0.67mg (33.4%), Fiber: 8.02g (32.07%), Magnesium: 126.79mg (31.7%), Vitamin B1: 0.47mg (31.57%), Vitamin B5: 3.02mg (30.18%), Copper: 0.52mg (26.03%), Calcium: 194.4mg (19.44%), Folate: 73.47µg (18.37%), Vitamin D: 0.4µg (2.65%)