



Company Pot Roast

READY IN



200 min.

SERVINGS



8

CALORIES



725 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pound prime beef chuck roast boneless
- 28 ounce canned tomatoes whole canned
- 2 cups carrots chopped (4 carrots)
- 2 cups celery chopped (4 stalks)
- 1 chicken bouillon cube
- 1 cup chicken stock see homemade
- 2 tablespoons cognac
- 8 servings flour all-purpose
- 5 large garlic cloves crushed peeled

- 8 servings kosher salt and pepper black freshly ground
- 2 cups leeks light white green chopped (2 to 4 leeks)
- 8 servings olive oil good
- 2 cups red wine such as burgundy good
- 2 branches rosemary fresh
- 3 branches thyme fresh
- 1 tablespoon butter unsalted at room temperature
- 2 cups onions yellow chopped (2 onions)

Equipment

- food processor
- bowl
- paper towels
- oven
- pot
- blender
- stove
- dutch oven
- cutting board
- kitchen twine

Directions

- Watch how to make this recipe.
- Preheat the oven to 325 degrees F.
- Pat the beef dry with a paper towel. Season the roast all over with 1 tablespoon salt and 1 1/2 teaspoons pepper. Dredge the whole roast in flour, including the ends. In a large Dutch oven, heat 2 tablespoons olive oil over medium heat.
- Add the roast and sear for 4 to 5 minutes, until nicely browned. Turn and sear the other side and then turn and sear the ends. This should take 4 to 5 minutes for each side.

- Remove the roast to a large plate.
- Add 2 tablespoons olive oil to the Dutch oven.
- Add the carrots, onions, celery, leeks, garlic, 1 tablespoon salt, and 1 1/2 teaspoons pepper and cook over medium heat for 10 to 15 minutes, stirring occasionally, until tender but not browned.
- Add the wine and Cognac and bring to a boil.
- Add the tomatoes, chicken stock, bouillon cube, 2 teaspoons salt, and 1 teaspoon pepper. Tie the thyme and rosemary together with kitchen string and add to the pot.
- Put the roast back into the pot, bring to a boil, and cover.
- Place in the oven for 2 1/2 hours, until the meat is fork tender or about 160 degrees F internally. Turn the heat down to 250 degrees F after about an hour to keep the sauce at a simmer.
- Remove the roast to a cutting board.
- Remove the herb bundle and discard. Skim off as much fat as possible from the sauce.
- Transfer half the sauce and vegetables to a blender or a food processor fitted with the steel blade and puree until smooth.
- Pour the puree back into the pot, place on the stovetop over low heat, and return the sauce to a simmer.
- Place 2 tablespoons flour and the butter in a small bowl and mash them together with a fork. Stir into the sauce and simmer for 2 minutes, stirring until thickened. Taste for seasonings.
- Remove the strings from the roast, and slice the meat.
- Serve warm with the sauce spooned over it.

Nutrition Facts



Properties

Glycemic Index:48.48, Glycemic Load:9.45, Inflammation Score:-10, Nutrition Score:40.292173655137%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg

Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 725.37kcal (36.27%), Fat: 42.5g (65.38%), Saturated Fat: 14.49g (90.56%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 22.59g (8.21%), Sugar: 9.76g (10.84%), Cholesterol: 161.22mg (53.74%), Sodium: 528.78mg (22.99%), Alcohol: 7.61g (100%), Alcohol %: 1.71% (100%), Protein: 48.2g (96.4%), Vitamin A: 6145.5IU (122.91%), Zinc: 17.74mg (118.28%), Vitamin B12: 6.2µg (103.27%), Selenium: 51.62µg (73.75%), Vitamin B3: 12.64mg (63.19%), Vitamin B6: 1.26mg (63.11%), Phosphorus: 532.03mg (53.2%), Iron: 7.6mg (42.23%), Potassium: 1440.89mg (41.17%), Vitamin K: 39.97µg (38.07%), Manganese: 0.62mg (30.97%), Vitamin B2: 0.52mg (30.55%), Vitamin E: 4.24mg (28.25%), Vitamin B1: 0.36mg (23.97%), Magnesium: 91.62mg (22.9%), Vitamin C: 18.73mg (22.71%), Copper: 0.43mg (21.49%), Vitamin B5: 1.97mg (19.7%), Fiber: 4.62g (18.48%), Folate: 73.26µg (18.32%), Calcium: 129.75mg (12.97%), Vitamin D: 0.25µg (1.69%)