



Family-Style Pot Roast

 Gluten Free

READY IN



185 min.

SERVINGS



6

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 pounds beef chuck trimmed
- 1.5 cups beef stock
- 2 tablespoons butter
- 1.5 cups carrots sliced
- 1.5 cups celery sliced
- 0.5 ounce porcini mushrooms dried
- 2 tablespoons savory dried
- 6 sprigs thyme leaves fresh (see Cook's Note)

- 0.3 cup garlic cloves peeled smashed
- 1 teaspoon sea salt
- 2 teaspoons kosher salt plus more for seasoning
- 1 tablespoon olive oil
- 6 cups onions sliced
- 2 teaspoons cracked pepper fresh black plus more for seasoning
- 0.7 cup red wine
- 0.5 cup shallots sliced
- 1.5 tablespoons tomato paste

Equipment

- bowl
- frying pan
- oven
- pot
- aluminum foil
- dutch oven
- immersion blender
- kitchen twine

Directions

- Watch how to make this recipe.
- Special equipment: Butcher's twine, immersion blender
- Preheat the oven to 325 degrees F.
- Sprinkle the beef evenly with the salt, pepper and granulated garlic. Truss the roast with butcher's twine into a uniform shape. This will help the roast keep a uniform shape while it braises and make for more even slices.
- Place the porcini mushrooms into a bowl and cover with 2 cups simmering water. Set aside and allow the mushrooms to steep and absorb the water for 20 minutes.

- In a large Dutch oven over high heat, add the butter and oil. When the butter foams, add the trussed beef and sear for 5 to 6 minutes per side, including the ends.
- Remove to a plate. In the same pot over medium high-heat, add the onions and shallots and cook until just starting to caramelize, about 15 minutes, stirring occasionally.
- Add the garlic, celery and carrots and cook until the celery just begins to soften, about 5 minutes longer.
- Stir in the tomato paste and combine. Deglaze with the beef stock and wine, scraping up any browned bits from the bottom. Bring to a simmer and cook for 5 minutes to burn off the alcohol from the wine.
- Add the savory and thyme. Strain the porcini mushrooms and add to the pot along with 1 cup of the porcini liquid.
- Add the beef and any juices from the beef back to the pot on top of the vegetables. Cover the pan with a tight fitting lid and place in the oven. Cook for 45 minutes, baste with pan juices, replace the cover and cook for an additional 90 minutes.
- Remove the beef and tent lightly with aluminum foil. Discard the thyme bundle. With an immersion blender, blend the vegetables until smooth. Adjust the seasoning with additional salt and pepper, to taste.
- Remove the trussing string, slice across the grain into 2-inch pieces and serve immediately with the vegetable gravy.

Nutrition Facts

PROTEIN 45.4% **FAT 32.91%** **CARBS 21.69%**

Properties

Glycemic Index:66.14, Glycemic Load:6.17, Inflammation Score:-10, Nutrition Score:41.413478270821%

Flavonoids

Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 32.74mg, Quercetin: 32.74mg, Quercetin: 32.74mg, Quercetin: 32.74mg

Nutrients (% of daily need)

Calories: 567.18kcal (28.36%), Fat: 19.85g (30.54%), Saturated Fat: 8.74g (54.62%), Carbohydrates: 29.45g (9.82%), Net Carbohydrates: 23.59g (8.58%), Sugar: 11.13g (12.37%), Cholesterol: 174.08mg (58.03%), Sodium: 1183.2mg (51.44%), Alcohol: 2.91g (100%), Alcohol %: 0.6% (100%), Protein: 61.63g (123.25%), Vitamin A: 5726.77IU (114.54%), Vitamin B12: 5.93µg (98.91%), Zinc: 14.38mg (95.85%), Vitamin B3: 16.24mg (81.18%), Vitamin B6: 1.52mg (76.03%), Selenium: 50.27µg (71.81%), Phosphorus: 643.16mg (64.32%), Potassium: 1622.73mg (46.36%), Iron: 7.96mg (44.23%), Vitamin B2: 0.61mg (35.96%), Manganese: 0.65mg (32.33%), Vitamin B5: 2.68mg (26.81%), Copper: 0.51mg (25.68%), Magnesium: 101.14mg (25.28%), Vitamin C: 20.75mg (25.16%), Fiber: 5.86g (23.46%), Folate: 72.14µg (18.04%), Vitamin B1: 0.27mg (17.8%), Vitamin K: 15.25µg (14.52%), Vitamin E: 2.03mg (13.55%), Calcium: 128.54mg (12.85%), Vitamin D: 0.36µg (2.38%)