



Fancy Yankee Pot Roast

READY IN



45 min.

SERVINGS



6

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups beef broth
- ☐ 3 pound bottom round beef roast
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 3 ribs celery cut in half
- ☐ 2 tablespoons flour
- ☐ 6 servings flour for dredging
- ☐ 0.3 cup olive oil pure
- ☐ 3 onions sliced
- ☐ 1.5 cups red wine hearty

- ☐ 6 servings salt to taste
- ☐ 5 sprigs thyme fresh
- ☐ 2 tablespoons butter unsalted at room temperature
- ☐ 8 fatter ones quartered cut in half or
- ☐ 8 fatter ones quartered cut in half or

Equipment

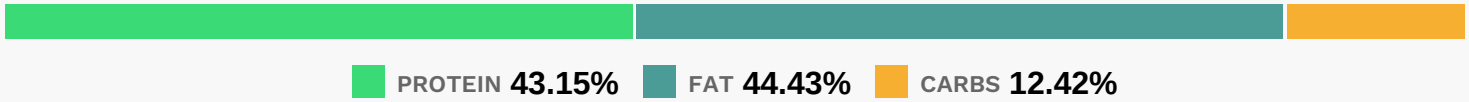
- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon
- ☐ gravy boat

Directions

- ☐ In a large, heavy flameproof casserole, preferably cast iron, over medium heat, heat the olive oil and saute the onions until golden. Thoroughly dredge the beef in the flour, covering all the surfaces.
- ☐ Add to the pan and brown on all sides. The flour may cause the onions to burn slightly. This is good and will add lots of flavor.
- ☐ Add the carrots, celery, beef broth, wine, thyme, black pepper, and salt to taste. Reduce heat, partially cover, and barely simmer for 3 to 3 1/2 hours, turning the beef occasionally.
- ☐ Remove the carrots and celery when they are cooked and reserve.
- ☐ When the beef is falling-apart tender, remove it from the broth.
- ☐ Remove the thyme sprigs. Knead the butter and 2 tablespoons flour together until thoroughly combined.
- ☐ Add the mixture to the broth and stir with a wooden spoon until you have a sauce the consistency of buttermilk.
- ☐ Remove from the heat.
- ☐ To serve, slice the beef and arrange on a platter. Cover with some of the sauce.
- ☐ Put the remaining sauce in a bowl or gravy boat. Arrange the carrots and celery attractively on the beef platter.

- ☐ Garnish with fresh thyme sprigs, if you like.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.17, Glycemic Load:7.06, Inflammation Score:-9, Nutrition Score:30.538260800683%

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: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.68mg, Apigenin: 0.68mg, Apigenin: 0.68mg, Apigenin: 0.68mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 11.87mg, Quercetin: 11.87mg, Quercetin: 11.87mg, Quercetin: 11.87mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 551.41kcal (27.57%), Fat: 24.47g (37.64%), Saturated Fat: 7.66g (47.86%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 13.66g (4.97%), Sugar: 3g (3.34%), Cholesterol: 150.65mg (50.22%), Sodium: 714.43mg (31.06%), Alcohol: 6.36g (100%), Alcohol %: 1.65% (100%), Protein: 53.47g (106.95%), Selenium: 67.45µg (96.36%), Vitamin B3: 16.98mg (84.89%), Vitamin B6: 1.61mg (80.72%), Vitamin B12: 4.27µg (71.23%), Zinc: 9.73mg (64.88%), Phosphorus: 548.49mg (54.85%), Iron: 5.97mg (33.16%), Potassium: 1057.33mg (30.21%), Vitamin B2: 0.48mg (28.48%), Vitamin B1: 0.32mg (21.66%), Magnesium: 75.53mg (18.88%), Folate: 68.61µg (17.15%), Manganese: 0.34mg (16.91%), Vitamin K: 15.36µg (14.63%), Vitamin E: 2.16mg (14.39%), Copper: 0.28mg (14.08%), Vitamin B5: 1.2mg (12.01%), Calcium: 82.22mg (8.22%), Vitamin C: 6.02mg (7.3%), Fiber: 1.73g (6.9%), Vitamin A: 250.13IU (5%)