



Garlicky Pot Roast with Roasted Potatoes & Root Vegetables

 Vegetarian  Gluten Free

READY IN



180 min.

SERVINGS



6

CALORIES



246 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cup chicken stock see plus more if necessary
- ☐ 12 clove garlic peeled halved quartered
- ☐ 3 tablespoon olive oil
- ☐ 1 pound potatoes red cut into 1-inch chunks
- ☐ 0.5 cup red wine vinegar
- ☐ 6 servings salt and pepper
- ☐ 10 sprigs thyme leaves

- ☐ 2 tablespoon butter unsalted
- ☐ 2 tablespoon vegetable oil

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ baking pan
- ☐ dutch oven

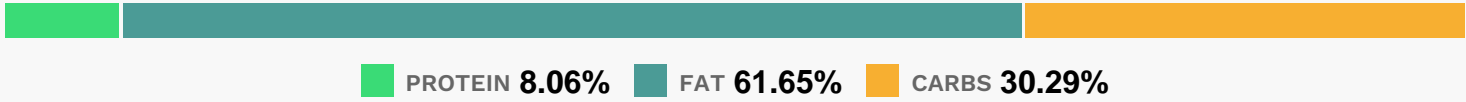
Directions

- ☐ Place the root vegetables in a shallow sided baking dish, large enough to hold them in nearly a single layer. Use about ½ of the time sprigs strewn on top.
- ☐ Drizzle it all with olive oil, season with salt and pepper and toss to coat.
- ☐ Place in oven and roast for about 40–50 minutes, or until vegetables are tender and well browned.
- ☐ Remove them from the oven, discarding the thyme sprigs and set the vegetables aside in the baking dish. Using the tip of a sharp paring knife make evenly spaced slits into the top of the meat about 1 ½–inches apart and just as deep. Insert pieces of garlic cloves into each hole as deeply as possible. Season the roast well on all sides with the salt and pepper
- ☐ Heat an enameled cast iron Dutch oven over high heat.
- ☐ Add the vegetable oil to nearly smoking.
- ☐ Add the meat to the pot with the garlic slit filled side facing up. Sear the on all sides until very well browned, about 4 to 6 minutes per side. Save the garlic slit filled side for last so it ends up face down. Deglaze the pan with the vinegar, scraping up the browned bits at the bottom.
- ☐ Add about an inch of stock to the pan, letting it come to a boil. Toss in the remaining thyme sprigs, then lower the heat to a simmer. Cover the meat and cook until it is very tender, about 3 or 4 hours, depending on the cut. Turn the meat over two or three times during the entire cooking process. Checking occasionally to make sure there is always about 1–inch of liquid in the pot. About 20 minutes before the pot roast is fully cooked, add the roasted root vegetables to the pan and remove as many as the thyme sprigs as you can. Once completely

tender, transfer just the meat to a deep dish serving platter, letting it rest.

- ☐
- Add the butter to the pot with the vegetables stirring to get them well coated.
- ☐
- Remove any linger thyme sprigs.Slice or pull meat apart into serving-sized pieces, then and pour the vegetables and all the juices over the meat and serve warm.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.64, Inflammation Score:-9, Nutrition Score:7.5795652490595%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 245.94kcal (12.3%), Fat: 16.92g (26.03%), Saturated Fat: 4.48g (28%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 17.06g (6.2%), Sugar: 2.93g (3.26%), Cholesterol: 13.63mg (4.54%), Sodium: 382.41mg (16.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.95%), Vitamin K: 15.41µg (14.68%), Potassium: 513.18mg (14.66%), Vitamin B3: 2.84mg (14.19%), Vitamin B6: 0.28mg (14.1%), Vitamin C: 11.38mg (13.8%), Manganese: 0.25mg (12.27%), Vitamin E: 1.54mg (10.24%), Copper: 0.2mg (9.81%), Phosphorus: 92.18mg (9.22%), Vitamin B2: 0.14mg (8.32%), Vitamin B1: 0.12mg (7.75%), Iron: 1.33mg (7.38%), Magnesium: 26.49mg (6.62%), Fiber: 1.64g (6.58%), Selenium: 3.92µg (5.6%), Folate: 20.68µg (5.17%), Vitamin A: 205.24IU (4.1%), Zinc: 0.53mg (3.52%), Calcium: 31.27mg (3.13%), Vitamin B5: 0.26mg (2.59%)