

Indian Pot Roast

 Gluten Free  Dairy Free

READY IN



360 min.

SERVINGS



12

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pound beef chuck boneless
- 3 peppercorns whole black crushed
- 0.5 teaspoon chili powder
- 1 stick piece cinnamon (1 inch)
- 0.5 teaspoon cumin seeds
- 2 tablespoons cilantro leaves fresh chopped
- 3 cloves garlic crushed
- 1 inch ginger crushed

- 0.5 teaspoon ground coriander
- 1 teaspoon ground pepper black
- 0.5 cup catsup
- 2 onions sliced
- 3 chilies dried red
- 12 servings salt to taste
- 2 tablespoons tomato purée
- 2 large tomatoes chopped
- 1 tablespoon vegetable oil
- 3 cups water

Equipment

- frying pan
- oven
- slow cooker

Directions

- Place chuck roast, garlic, ginger, chilies, peppercorns, cloves, cinnamon stick, cumin, coriander, salt, and water in a slow cooker. Cook on High until roast is tender, 4 to 6 hours.
- Remove roast and let cool enough to handle; cut into thick slices. Strain liquid from slow cooker, discarding spices, and reserving liquid.
- Preheat oven to 350 degrees F (175 degrees C).
- Heat oil in a large oven-proof skillet over medium heat; cook and stir onion until brown and tender, 5 to 7 minutes.
- Sprinkle chili powder over onions and cook until fragrant, about 30 seconds. Stir in tomatoes, ketchup, tomato puree, black pepper, and reserved liquid from slow cooker; cook until reduced to 3 cups, about 10 minutes.
- Place sliced meat into skillet and simmer until sauce thickens, 5 to 10 minutes.
- Bake in preheated oven, basting occasionally with sauce, until browned, 10 to 15 minutes.
- Serve garnished with chopped cilantro.

Nutrition Facts

PROTEIN 37.89% FAT 53.45% CARBS 8.66%

Properties

Glycemic Index:18, Glycemic Load:0.8, Inflammation Score:-5, Nutrition Score:18.652608684872%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 310.08kcal (15.5%), Fat: 18.66g (28.7%), Saturated Fat: 7.83g (48.91%), Carbohydrates: 6.8g (2.27%), Net Carbohydrates: 5.7g (2.07%), Sugar: 3.92g (4.35%), Cholesterol: 104.33mg (34.78%), Sodium: 414.87mg (18.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.76g (59.51%), Zinc: 11.52mg (76.78%), Vitamin B12: 4.13µg (68.79%), Selenium: 31.5µg (45.01%), Vitamin B3: 6.96mg (34.82%), Vitamin B6: 0.66mg (32.95%), Phosphorus: 305.1mg (30.51%), Iron: 3.5mg (19.45%), Potassium: 656.57mg (18.76%), Vitamin B2: 0.25mg (14.89%), Vitamin B5: 1.01mg (10.06%), Magnesium: 38.18mg (9.54%), Manganese: 0.18mg (9.23%), Vitamin B1: 0.12mg (8.28%), Vitamin A: 402.95IU (8.06%), Vitamin C: 6.56mg (7.95%), Vitamin K: 8.07µg (7.68%), Copper: 0.15mg (7.65%), Vitamin E: 0.8mg (5.31%), Fiber: 1.1g (4.39%), Calcium: 43.79mg (4.38%), Folate: 14.04µg (3.51%), Vitamin D: 0.15µg (1.01%)