



Italian Pot Roast



Gluten Free



Dairy Free



Popular

READY IN



250 min.

SERVINGS



8

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 pound chuck beef roast
- ☐ 1 teaspoon salt plus more to taste
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 cup carrots diced
- ☐ 1 cup celery stalk diced
- ☐ 1 cups onion diced red
- ☐ 2 garlic cloves finely minced

- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 bay leaf
- ☐ 1 tablespoon sage fresh finely chopped
- ☐ 3 cups medium-bodied red wine italian (we used a Barbera)
- ☐ 28 ounce canned tomatoes italian canned

Equipment

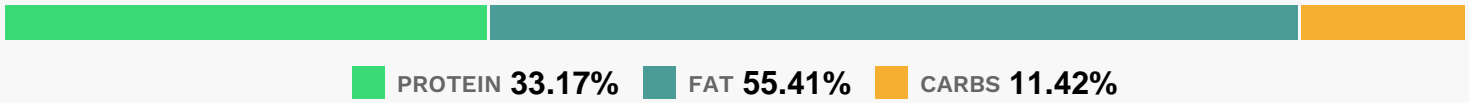
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ dutch oven
- ☐ cutting board

Directions

- ☐ Sear the roast: Trim some of the fat from the meat. Pat dry with paper towels. Season generously with the salt and pepper.
- ☐ Heat the oil in a large, heavy pot or Dutch oven over medium-high heat.
- ☐ When the oil is hot, shimmering but not smoking, add the roast and cook, turning it a few times, until it is nicely browned on all sides, 10-12 minutes.
- ☐ Transfer the meat to a platter.
- ☐ Add vegetables: Reduce the heat to medium.
- ☐ Add the carrot, celery, and onion. Cook, stirring occasionally until the vegetables are golden brown and begin to stick to the bottom of the pan, 10-12 minutes.
- ☐ Add the garlic, parsley, and sage, and stir until the herbs are lightly colored and fragrant, about 1 minute.
- ☐ Add 1 cup of the wine and stir quickly, lifting up the richly browned caramelized vegetables that stick to the bottom of the pan.

- ☐ When the wine is almost all evaporated and thickly coats the vegetables, return the meat to the pan and turn it over a few times to coat it with the savory base.
- ☐ Add remaining ingredients, simmer until tender: Raise the heat to high, adding the remaining wine, the bay leaf, and the tomatoes, and bring to a boil. Cover the pot, reduce the heat to low, and simmer, turning and basting the meat every half hour or so, until the meat is very tender and flakes away when pierced with a fork, 3–4 hours.
- ☐ Turn off the heat and let the roast sit in its juices for an hour. (You can also put the pot into a 300°F oven and turn the roast every hour.)
- ☐ Remove meat, reduce sauce:
- ☐ Remove the meat from the pot and place it on a cutting board, covered loosely with aluminum foil. If the sauce is too thin, bring it to a fast boil and reduce it until it has a medium–thick consistency. Taste and adjust seasoning.
- ☐ Cut the meat into thick slices (it will probably fall apart), and place on warm serving dishes. Spoon the sauce over the meat and serve hot.
- ☐ Serve with rice, mashed potatoes, or polenta.

Nutrition Facts



Properties

Glycemic Index:31.6, Glycemic Load:3.46, Inflammation Score:-10, Nutrition Score:35.851739235546%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 6.43mg, Catechin: 6.43mg, Catechin: 6.43mg, Catechin: 6.43mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg Apigenin: 2.64mg, Apigenin: 2.64mg, Apigenin: 2.64mg, Apigenin: 2.64mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin:

5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 544.37kcal (27.22%), Fat: 29.94g (46.07%), Saturated Fat: 11.02g (68.88%), Carbohydrates: 13.89g (4.63%), Net Carbohydrates: 10.87g (3.95%), Sugar: 6.72g (7.46%), Cholesterol: 136.93mg (45.64%), Sodium: 608.83mg (26.47%), Alcohol: 9.54g (100%), Alcohol %: 2.7% (100%), Protein: 40.33g (80.66%), Copper: 2.61mg (130.55%), Zinc: 15.44mg (102.95%), Vitamin B12: 5.42µg (90.29%), Vitamin A: 3056.74IU (61.13%), Selenium: 41.94µg (59.91%), Vitamin B6: 1.03mg (51.32%), Vitamin B3: 10.24mg (51.18%), Phosphorus: 444.16mg (44.42%), Iron: 6.16mg (34.24%), Potassium: 1190.69mg (34.02%), Vitamin K: 35.17µg (33.49%), Manganese: 0.49mg (24.42%), Vitamin B2: 0.39mg (23.07%), Magnesium: 75.86mg (18.96%), Vitamin E: 2.74mg (18.28%), Vitamin C: 13.51mg (16.38%), Vitamin B5: 1.63mg (16.31%), Vitamin B1: 0.24mg (15.8%), Fiber: 3.01g (12.05%), Calcium: 98.16mg (9.82%), Folate: 32.72µg (8.18%), Vitamin D: 0.2µg (1.32%)