



Pot Roast

 **Gluten Free**  **Dairy Free**

READY IN



240 min.

SERVINGS



6

CALORIES



701 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 2 cups butternut squash diced
- 3 ribs celery thinly sliced
- 4 cups chicken stock see
- 3 pound chuck roast
- 1 pinch pepper red crushed
- 6 to 8 figs dried quartered
- 3 cloves garlic smashed finely chopped

- 1.5 cups jerusalem artichokes diced
- 6 servings kosher salt
- 6 servings olive oil extra-virgin
- 2 onions thinly sliced
- 2 strips orange zest (with a vegetable peeler)
- 0.5 cup red wine vinegar
- 2 star anise
- 1 thyme bundle fresh
- 0.5 cup tomato paste

Equipment

- frying pan
- oven
- dutch oven

Directions

- Preheat the oven 350 degrees F.
- Coat a Dutch oven with olive oil and bring to medium-high heat.
- Sprinkle the chuck roast generously with salt, add it to the Dutch oven and brown it on all sides.
- Remove from the pan and reserve.
- Drain the excess oil, lower the heat to medium, add a few drops of new oil and add the celery, onions and crushed red pepper to the pan. Season the vegetables with salt and cook until they are soft and very aromatic, 8 to 10 minutes.
- Add the garlic and cook for 1 to 2 minutes.
- Add the tomato paste and cook for 1 to 2 minutes. Toss in the vinegar, stir to combine and cook for 2 to 3 minutes. Stir in 3 cups of chicken stock. Taste and adjust the seasoning if needed. Toss in the bay leaves, orange zest, star anise and thyme bundle. Return the meat to the pan, cover and put the Dutch oven in the oven for 1 hour.

- Remove the pan from the oven, turn the meat over and check the liquid level. If the liquid level has gone down, add about a half a cup of stock. Return the pan to the oven and cook for another hour.
- Remove the pan from the oven.
- Remove the meat from the pan and add the squash, Jerusalem artichokes and figs.
- Add the final 1/2 cup of stock and stir to combine. Taste the liquid and adjust seasoning if needed. Return the meat to the pan, cover and cook for another 30 minutes.
- Remove the lid to the pan and roast until the squash and Jerusalem artichokes are tender and the liquid is reduced, another 15 to 20 minutes.
- Remove the pan from the oven.
- Remove the meat from the pan and skim off any excess fat from the surface of the cooking liquid, if need be.
- Slice the meat in 1/2-inch slices and serve with the veggies and pan juices.
- Wine Pairing Suggestion: Pinot Noir

Nutrition Facts



Properties

Glycemic Index:41.17, Glycemic Load:5.69, Inflammation Score:-10, Nutrition Score:39.711304198141%

Flavonoids

Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg

Nutrients (% of daily need)

Calories: 701.1kcal (35.05%), Fat: 42.32g (65.11%), Saturated Fat: 13.95g (87.21%), Carbohydrates: 31.79g (10.6%), Net Carbohydrates: 27.48g (9.99%), Sugar: 15.48g (17.21%), Cholesterol: 161.29mg (53.76%), Sodium: 802.9mg (34.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.68g (101.36%), Zinc: 17.72mg (118.14%), Vitamin A: 5445.27IU (108.91%), Vitamin B12: 6.19µg (103.19%), Selenium: 52.44µg (74.92%), Vitamin B3: 14.24mg (71.2%), Vitamin B6: 1.2mg (60.23%), Phosphorus: 561.12mg (56.11%), Potassium: 1648.51mg (47.1%), Iron: 7.96mg (44.22%), Vitamin B2: 0.56mg (33.06%), Vitamin E: 4.28mg (28.5%), Vitamin C: 21.21mg (25.71%), Vitamin B1: 0.37mg

(24.87%), Magnesium: 94.38mg (23.59%), Copper: 0.45mg (22.3%), Vitamin K: 22.49µg (21.42%), Vitamin B5: 1.9mg (19.02%), Manganese: 0.36mg (18.19%), Fiber: 4.31g (17.25%), Folate: 50.13µg (12.53%), Calcium: 116.27mg (11.63%), Vitamin D: 0.23µg (1.51%)