



Pot Roast



Gluten Free



Dairy Free



Popular

READY IN



240 min.

SERVINGS



4

CALORIES



865 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 4 servings several carrots peeled
- ☐ 3.5 lb chuck roast (boneless with fat for best results) for a piece that is well marbled
- ☐ 4 cloves garlic peeled
- ☐ 2 Tbsp grapeseed oil
- ☐ 0.5 cup red wine
- ☐ 4 servings salt (italian to taste)
- ☐ 2 large onions (yellow sliced (root to tip))

Equipment

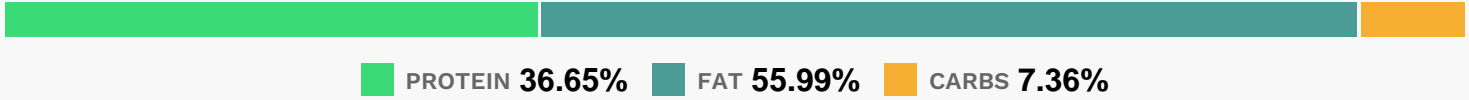
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ stove
- ☐ dutch oven
- ☐ pressure cooker

Directions

- ☐ Use a thick-bottomed covered pot (oven-proof if you intend to cook in oven), such as a dutch oven, just large enough to hold roast and vegetables.
- ☐ Heat 2 Tbsp of oil on medium high heat (hot enough to sear the meat). Pat the roast dry with paper towels.
- ☐ Sprinkle and rub salt, pepper, and Italian seasoning all over the meat. Brown roast in pot, all over, several minutes on each side. Don't move the roast while a side is browning, or it won't brown well.² When roast is browned, remove from pan and set on a plate.
- ☐ Add the onions to the pan and cook for about 5 to 10 minutes, until they begin to brown.
- ☐ Add the garlic and carrots to sit on top of the onions. Set the roast on top of the onions, garlic and carrots.
- ☐ Add 1/2 cup of red wine.
- ☐ Add the bay leaf. Cover. Bring to simmer and then adjust the heat down to the lowest heat possible to maintain a low simmer when covered (we cook our roast on the warm setting of our electric range)*. (If cooking in the oven, bring to a simmer first on the stovetop, then put in the oven, start the temp at 300°F for 15 minutes, then drop it to 250°F for the first hour, then 225° after that.)³ Cook for 3 1/2 to 4 1/2 hours, or longer, until meat is tender. (If you are using a pressure cooker, cut the time by half).After cooking 3 1/2 hours. Note how much liquid has been released by the meat. This comes from slow cooking at a very low temperature. If your pot roast is too dry, make sure the pan you are using has a tight fitting lid and that you are cooking at the lowest possible heat to maintain the low simmering.Suggest serving with

green beans and potatoes*If you use a gas range, you may find difficulty getting the flame low enough. A tip I recently read in Cook's Illustrated suggests tightly rolling up some aluminum foil, shaping it into a skinny donut, and putting that on top of the burner to create a little more distance between the range and the pan. If you have one of those high BTU ranges, I recommend cooking the roast in the oven instead.

Nutrition Facts



Properties

Glycemic Index:44.46, Glycemic Load:3.99, Inflammation Score:-10, Nutrition Score:43.540869526241%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 15.72mg, Quercetin: 15.72mg, Quercetin: 15.72mg, Quercetin: 15.72mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 865.23kcal (43.26%), Fat: 52.85g (81.31%), Saturated Fat: 20.75g (129.71%), Carbohydrates: 15.62g (5.21%), Net Carbohydrates: 12.06g (4.38%), Sugar: 6.47g (7.19%), Cholesterol: 273.86mg (91.29%), Sodium: 370.61mg (16.11%), Alcohol: 3.18g (100%), Alcohol %: 0.7% (100%), Protein: 77.85g (155.7%), Vitamin A: 10764.36IU (215.29%), Zinc: 30.23mg (201.55%), Vitamin B12: 10.84µg (180.59%), Selenium: 82.73µg (118.19%), Vitamin B3: 18.01mg (90.06%), Vitamin B6: 1.76mg (88.18%), Phosphorus: 807.28mg (80.73%), Iron: 9.17mg (50.96%), Potassium: 1694.85mg (48.42%), Vitamin B2: 0.65mg (38.29%), Vitamin B5: 2.74mg (27.4%), Magnesium: 97.67mg (24.42%), Vitamin B1: 0.35mg (23.2%), Vitamin E: 3.39mg (22.62%), Vitamin K: 21.09µg (20.09%), Manganese: 0.37mg (18.48%), Copper: 0.32mg (15.94%), Fiber: 3.56g (14.25%), Calcium: 129.85mg (12.99%), Vitamin C: 10.3mg (12.48%), Folate: 41.12µg (10.28%), Vitamin D: 0.4µg (2.65%)