



Pot Roast in Rich Gravy

 Dairy Free

READY IN



4500 min.

SERVINGS



8

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 pound beef chuck
- ☐ 28 ounce frangelico diced canned
- ☐ 0.5 pound carrots coarsely chopped
- ☐ 4 cups chicken broth
- ☐ 1 stick cinnamon (3-inch long)
- ☐ 2 cups red wine
- ☐ 0.3 cup matzo meal

- ☐ 4 tablespoons olive oil divided
- ☐ 1 pound onion coarsely chopped (2 cups)
- ☐ 0.5 pound parsnips coarsely chopped
- ☐ 5 thyme sprigs fresh

Equipment

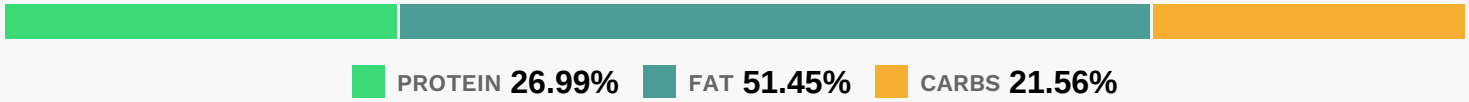
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ cutting board

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ On a large plate mix together matzoh cake meal with 1 tablespoon kosher salt and 1/2 teaspoon pepper. Pat meat dry then coat with matzoh meal mixture, dusting off excess (discard matzoh meal but reserve plate).
- ☐ Heat 3 tablespoons oil in a 6- to 7-quart-wide heavy pot over medium high heat until oil shimmers. Brown meat on all sides, totaling about 12 minutes.
- ☐ Transfer to plate.
- ☐ Reduce heat to medium and add onions, carrots, and parsnips to pot with 1 teaspoon kosher salt and 1/2 teaspoon pepper and cook, stirring occasionally, until vegetables begin to soften and turn golden, 8 to 10 minutes.
- ☐ Add wine to pot and boil, scraping up any bits from bottom of pan until wine is reduced by half.
- ☐ Add chicken broth, tomatoes in juice, thyme, bay leaves, and cinnamon stick to pot and bring to a simmer. Return meat to pot and cover with lid.
- ☐ Place in oven and braise until meat is tender when pierced with a fork, about 3 hours.
- ☐ Transfer meat to a cutting board.
- ☐ Remove thyme sprigs, bay leaves, and cinnamon stick.

- ☐
- Transfer 2 cups braising liquid to a blender and purée until smooth (use caution when pureeing hot liquids). Stir pureed sauce into liquid in pot and adjust seasoning if necessary.
- ☐
- Discard strings from meat and cut into thick slices (it may fall apart as you slice it because it's so tender), then return meat to sauce and serve.
- ☐
- Pot roast can be made up to 2 days ahead. Keep meat unsliced in sauce. Slice meat while cold (it will cut much easier into neater slices), and then reheat in sauce.

Nutrition Facts



Properties

Glycemic Index:23.85, Glycemic Load:4.27, Inflammation Score:-10, Nutrition Score:23.486956627473%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 2.85mg, Isorhamnetin: 2.85mg, Isorhamnetin: 2.85mg, Isorhamnetin: 2.85mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 12.47mg, Quercetin: 12.47mg, Quercetin: 12.47mg, Quercetin: 12.47mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 398.68kcal (19.93%), Fat: 20.55g (31.62%), Saturated Fat: 6.76g (42.25%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 15.78g (5.74%), Sugar: 6.01g (6.68%), Cholesterol: 80.59mg (26.86%), Sodium: 555.09mg (24.13%), Alcohol: 6.36g (100%), Alcohol %: 1.56% (100%), Protein: 24.26g (48.53%), Vitamin A: 4788.03IU (95.76%), Zinc: 9.08mg (60.5%), Vitamin B12: 3.12µg (51.99%), Selenium: 26.4µg (37.72%), Vitamin B6: 0.61mg (30.48%), Vitamin B3: 6.03mg (30.13%), Phosphorus: 284.18mg (28.42%), Manganese: 0.53mg (26.73%), Potassium: 764.44mg (21.84%), Iron: 3.42mg (19.01%), Vitamin B2: 0.31mg (18.48%), Vitamin K: 16.65µg (15.86%), Fiber: 3.6g (14.42%), Vitamin C: 11.72mg (14.2%), Vitamin E: 1.9mg (12.69%), Vitamin B1: 0.19mg (12.68%), Magnesium: 49.6mg (12.4%), Vitamin B5: 1.07mg (10.66%), Folate: 40.25µg (10.06%), Copper: 0.17mg (8.5%), Calcium: 69.14mg (6.91%)