



Pot Roast Stew

 Gluten Free  Dairy Free

READY IN



110 min.

SERVINGS



8

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups tomatoes whole canned
- 1 tablespoon canola oil
- 1 pound carrots quartered
- 2 pound chuck roast boneless cut into 1-inch strips
- 1 bay leaf dried
- 2 cloves garlic finely chopped
- 0.3 cup garlic powder
- 0.3 cup ground pepper black

- 1 cup kosher salt
- 1 onion thinly sliced
- 1 pound parsnips quartered
- 0.5 cup red wine

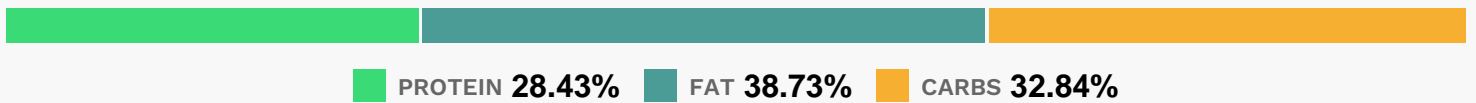
Equipment

- oven
- pot
- slow cooker

Directions

- Sprinkle the meat on all sides with the House Seasoning.
- Heat the oil until hot in a large pot, and then add the meat and sear on all sides.
- Add the carrots, parsnips and onions and saute for 2 minutes, and then add the garlic and cook for 1 minute more. Stir in the tomatoes, wine and bay leaf. Cook, covered, until tender, about 55 minutes. Uncover, release the steam and let rest in the pot before serving, 15 to 20 minutes.
- Cook's Note: This recipe can also be made in a slow cooker or conventional oven.
- Mix together the salt, garlic powder and pepper.

Nutrition Facts



Properties

Glycemic Index:25.98, Glycemic Load:7.22, Inflammation Score:-10, Nutrition Score:30.686086810153%

Flavonoids

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Nutrients (% of daily need)

Calories: 355.44kcal (17.77%), Fat: 15.45g (23.76%), Saturated Fat: 6.03g (37.68%), Carbohydrates: 29.47g (9.82%), Net Carbohydrates: 21.87g (7.95%), Sugar: 7.39g (8.21%), Cholesterol: 78.24mg (26.08%), Sodium: 14354.86mg (624.12%), Alcohol: 1.59g (100%), Alcohol %: 0.57% (100%), Protein: 25.51g (51.02%), Vitamin A: 9581.39IU (191.63%), Manganese: 1.55mg (77.37%), Zinc: 9.46mg (63.07%), Vitamin B12: 3.1µg (51.6%), Vitamin B6: 0.79mg (39.6%), Selenium: 26.85µg (38.36%), Vitamin K: 36.76µg (35.01%), Phosphorus: 333.86mg (33.39%), Vitamin B3: 6.38mg (31.88%), Potassium: 1086.72mg (31.05%), Fiber: 7.6g (30.42%), Iron: 4.67mg (25.95%), Vitamin C: 18.52mg (22.44%), Magnesium: 71.82mg (17.96%), Copper: 0.35mg (17.59%), Vitamin B2: 0.28mg (16.67%), Folate: 63.3µg (15.83%), Vitamin B1: 0.23mg (15.48%), Vitamin E: 2.18mg (14.51%), Vitamin B5: 1.43mg (14.29%), Calcium: 125.53mg (12.55%)