



Pot Roast with Caramelized Onions and Roasted Carrots

 Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



1018 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 5 pounds short ribs boneless fat removed (all surface ; have your butcher do this)
- 2 tablespoons canola oil
- 2 pounds carrots peeled halved lengthwise halved
- 8 stalks celery peeled roughly chopped
- 1 cup cooking sherry dry
- 8 cloves garlic unpeeled

- 6 servings kosher salt and pepper black freshly ground
- 2 quarts chicken broth low-sodium
- 0.3 cup olive oil extra-virgin
- 2 large onions peeled roughly chopped
- 6 cups onions spanish sliced

Equipment

- bowl
- frying pan
- baking sheet
- oven
- pot
- sieve
- aluminum foil
- measuring cup
- dutch oven

Directions

- Prepare pot roast
- Position racks in upper and lower thirds of oven and preheat to 350°F. Season beef liberally with salt and pepper. In large Dutch oven or heavy ovenproof pot over moderately high heat, heat oil until hot but not smoking.
- Add beef and sear until dark brown and crisp on both sides, about 10 minutes total.
- Transfer beef to large plate.
- Pour off oil in pan and discard.
- Add sherry and simmer uncovered, scraping up browned bits on bottom of pan, until reduced by half, about 5 minutes.
- Pour reduced sherry into heatproof liquid measuring cup.
- In same pan, combine carrots, onions, celery, garlic, and bay leaf.

- Lay beef on top of vegetable mixture and pour reduced sherry over.
- Add enough chicken stock to cover 3/4 of meat. Cover and transfer to lower rack in oven. Roast until fork-tender, about 3 hours.
- While beef is roasting, prepare roasted carrots and caramelized onions
- During final hour of roasting, in large bowl, toss carrots with olive oil until well coated. Season generously with kosher salt and freshly ground black pepper.
- Spread on baking sheet and transfer to upper rack in oven. Roast until slightly tender and browned, about 45 minutes.
- Transfer to large bowl and keep warm.
- During final 30 minutes of roasting, in heavy 12-inch skillet over moderately high heat, heat canola oil until hot but not smoking.
- Add onions and sauté, stirring constantly, until caramelized, about 20 to 25 minutes. Season to taste with kosher salt, add to roasted carrots in large bowl, and keep warm.
- Finish dish
- When beef is tender, transfer to serving platter; tent with foil. Skim fat from liquid in pot. Strain liquid through fine-mesh sieve, pressing on solids with back of spoon to extract all juices, then discarding solids. Return liquid to pot, set over high heat, and bring to boil. Reduce heat to moderate and simmer, uncovered, until reduced slightly, about 5 minutes. Season juices to taste with salt and freshly ground black pepper.
- Pour half of juices into bowl with carrots and onions; toss to combine.
- Pour other half of juices into gravy dish. Arrange carrots and onions around beef on serving platter and serve immediately, with extra juices on side.

Nutrition Facts



Properties

Glycemic Index:34.97, Glycemic Load:9.91, Inflammation Score:-10, Nutrition Score:51.775652678117%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg,

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 1.55mg, Apigenin: 1.55mg, Apigenin: 1.55mg, Apigenin: 1.55mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 10.52mg, Isorhamnetin: 10.52mg, Isorhamnetin: 10.52mg, Isorhamnetin: 10.52mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 43.24mg, Quercetin: 43.24mg, Quercetin: 43.24mg, Quercetin: 43.24mg

Nutrients (% of daily need)

Calories: 1017.74kcal (50.89%), Fat: 54.77g (84.25%), Saturated Fat: 18.68g (116.76%), Carbohydrates: 41.91g (13.97%), Net Carbohydrates: 33.14g (12.05%), Sugar: 17.62g (19.58%), Cholesterol: 223.02mg (74.34%), Sodium: 498.61mg (21.68%), Alcohol: 4.12g (100%), Alcohol %: 0.45% (100%), Protein: 82.69g (165.39%), Vitamin A: 25504.65IU (510.09%), Vitamin B12: 13.13µg (218.82%), Zinc: 19.27mg (128.46%), Vitamin B6: 2.08mg (103.8%), Vitamin B3: 19.19mg (95.96%), Phosphorus: 952.94mg (95.29%), Selenium: 56.46µg (80.66%), Potassium: 2595.77mg (74.16%), Iron: 10.07mg (55.95%), Vitamin B2: 0.86mg (50.72%), Vitamin K: 45.56µg (43.39%), Vitamin B1: 0.57mg (38.2%), Manganese: 0.72mg (36.14%), Fiber: 8.77g (35.08%), Magnesium: 136.51mg (34.13%), Vitamin C: 27.37mg (33.18%), Copper: 0.61mg (30.26%), Folate: 111.07µg (27.77%), Vitamin E: 3.3mg (22.01%), Vitamin B5: 2.06mg (20.55%), Calcium: 173.9mg (17.39%)