

health-score 58%

Pot Roast with Roasted Vegetables

 Dairy Free

READY IN

ready

130 min.

SERVINGS

servings

6

CALORIES

calories

755 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 cups made from beef bouillon not hot homemade canned
- ☐ 3 pound beef chuck
- ☐ 15 ounce canned tomatoes whole canned
- ☐ 3 carrot carrots peeled cut into 2-inch chunks
- ☐ 1 tablespoon cornstarch mixed with 2 tablespoons water, optional
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup flat-leaf parsley fresh coarsely chopped

- ☐ 3 sprigs thyme leaves dried fresh
- ☐ 5 cloves garlic smashed
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 6 servings kosher salt and pepper black freshly ground to taste
- ☐ 5 tablespoons olive oil
- ☐ 1 large onion sliced
- ☐ 2 medium parsnips peeled cut into 1/2-inch coins
- ☐ 2 medium onions red peeled halved quartered
- ☐ 0.5 cup red wine
- ☐ 1 medium turnip peeled cut into 8 wedges or 1 medium celery root, and cut into 8 large chunks or both
- ☐ 3 tablespoons vegetable oil

Equipment

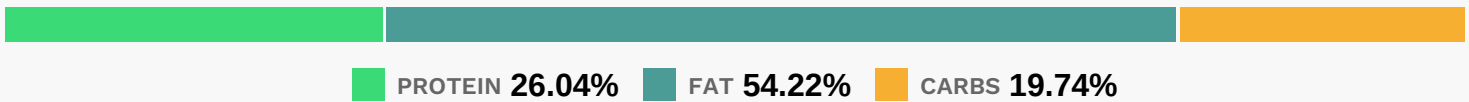
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Heat a large Dutch oven, with a lid, over medium-high heat. Season the meat generously with salt and pepper, and sprinkle lightly with the flour.
- ☐ Add the oil to the pot, lay the meat in the pan and sear on both sides until a deep mahogany brown, about 10 minutes.
- ☐ Transfer the meat to a plate.

- ☐ Pour all but about 2 tablespoons of the oil from the pan.
- ☐ Add the onion and garlic to the pan, and cook until fragrant and soft, about 5 minutes.
- ☐ Add the tomatoes, breaking them up by hand as you add them to the pot, and cook until a deep brick red, about 2 minutes more.
- ☐ Add the wine, and with a wooden spoon scrape up any browned bits that cling to the bottom of the pot.
- ☐ Add the remaining tomato liquid, beef broth, thyme, and bay leaves, and bring to a boil. Return the roast to the pot, nestle it in the liquid, cover and transfer pot to the oven.
- ☐ Cook until the roast is just tender, about 1 1/2 hours.
- ☐ Remove the lid and continue to cook, uncovered until tender about 1 hour more.
- ☐ Meanwhile, toss the onions, carrots, parsnips, and turnips with the olive oil, salt, and pepper.
- ☐ Spread out on a baking sheet in 1 layer. You may have to use 2 baking sheets. Once the roast comes out of the oven, raise the temperature to 450 degrees F. Roast the vegetables, turning about halfway through cooking, until caramelized and tender, about 30 to 45 minutes.
- ☐ Transfer the roast to a plate and cover loosely with foil. Skim the fat off the surface of the liquid and discard. Bring the sauce to a boil over medium-high heat, and cook until thickened. For a thicken sauce whisk in the cornstarch mixture and bring to a boil. (Test the thickness of the sauce by spooning some onto a plate and checking the consistency). Stir in the parsley, taste and adjust salt and pepper, as needed. Keep the roast warm in the sauce until ready to slice.
- ☐ Slice the pot roast and lay on a platter, surround with the vegetables.
- ☐ Pour some of the sauce on top and serve the remaining in a sauceboat on the side.

Nutrition Facts



Properties

Glycemic Index:73.64, Glycemic Load:11.07, Inflammation Score:-10, Nutrition Score:47.670434941416%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg,

Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg
Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg,
Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin:
0.35mg, Naringenin: 0.35mg Apigenin: 9.84mg, Apigenin: 9.84mg, Apigenin: 9.84mg, Apigenin: 9.84mg Luteolin:
0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 3.09mg, Isorhamnetin: 3.09mg, Isorhamnetin:
3.09mg, Isorhamnetin: 3.09mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol:
0.55mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 13.55mg,
Quercetin: 13.55mg, Quercetin: 13.55mg, Quercetin: 13.55mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg,
Galocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 754.72kcal (37.74%), Fat: 45.59g (70.14%), Saturated Fat: 14.37g (89.82%), Carbohydrates: 37.35g
(12.45%), Net Carbohydrates: 29.16g (10.6%), Sugar: 11.58g (12.87%), Cholesterol: 156.49mg (52.16%), Sodium:
715.66mg (31.12%), Alcohol: 2.12g (100%), Alcohol %: 0.4% (100%), Protein: 49.25g (98.51%), Vitamin K: 150.69µg
(143.52%), Zinc: 18.22mg (121.49%), Vitamin A: 5582.01IU (111.64%), Vitamin B12: 6.25µg (104.13%), Selenium: 50.63µg
(72.32%), Vitamin B6: 1.37mg (68.71%), Phosphorus: 664.79mg (66.48%), Vitamin B3: 13mg (64.98%), Potassium:
1772.5mg (50.64%), Iron: 8.18mg (45.46%), Manganese: 0.89mg (44.72%), Vitamin C: 35.81mg (43.41%), Vitamin E:
4.99mg (33.29%), Fiber: 8.18g (32.73%), Vitamin B2: 0.53mg (31.09%), Magnesium: 111.83mg (27.96%), Vitamin B1:
0.38mg (25%), Vitamin B5: 2.5mg (24.99%), Copper: 0.47mg (23.39%), Folate: 87.51µg (21.88%), Calcium: 178.55mg
(17.86%), Vitamin D: 0.23µg (1.51%)