



WHATSheATE



HEALTH SCORE

59%

Pot Roast with Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



365 min.

SERVINGS



6

CALORIES



978 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 bay leaves



3 beef chuck boneless



2.5 cups beef stock



1 tablespoon brown sugar



16 ounce canned tomatoes diced canned



0.8 pound carrots 1-inch-thick



1 pinch celery salt to taste



1.5 tablespoons cornstarch

- ☐ 1 pinch basil dried to taste
- ☐ 1 pinch thyme leaves dried to taste
- ☐ 1 clove garlic chopped to taste
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 6 ounce mushrooms to taste
- ☐ 1 large onion finely chopped
- ☐ 1 pound potatoes red quartered
- ☐ 0.3 cup red wine vinegar
- ☐ 1 tablespoon vegetable oil
- ☐ 1.5 tablespoons water cold

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ aluminum foil
- ☐ dutch oven

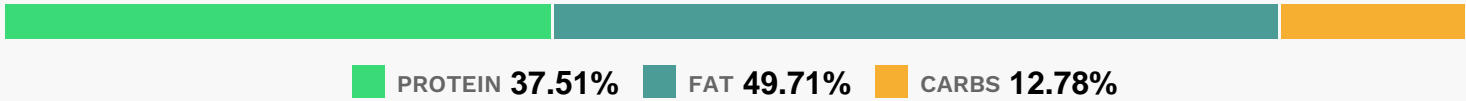
Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ Heat vegetable oil in a large, heavy pot or cast-iron Dutch oven over medium heat. Brown chuck roast in the hot oil completely, 5 to 8 minutes per side; season with salt and black pepper and transfer to a platter. Reserve oil in pot.
- ☐ Cook and stir onion and garlic in the oil until onions are golden, about 15 minutes. Stir beef stock, tomatoes, red wine vinegar, brown sugar, and bay leaves into onions and garlic; bring to a boil and place chuck roast into the mixture. Cover pot.
- ☐ Cook in the preheated oven until meat is very tender, 4 to 4 1/2 hours. Scatter carrot slices around the beef and bring to a boil over medium heat; return to oven for 30 more minutes.

Distribute potatoes around the beef and vegetables, bring to a boil again over medium heat, and bake until potatoes are tender, about 30 more minutes.

- ☐ Transfer beef to a serving platter, cover loosely with a tent of aluminum foil, and set aside to rest for 10 minutes.
- ☐ Stir mushrooms into pan drippings; bring to a simmer over low heat.
- ☐ Whisk cornstarch into cold water in a small bowl and stir into the drippings. Season with celery salt, basil, and thyme. Simmer until thickened, about 5 minutes.
- ☐ Remove and discard bay leaves. Slice beef; serve on a platter surrounded by vegetables.
- ☐ Pour gravy over beef.

Nutrition Facts



Properties

Glycemic Index:34.31, Glycemic Load:4.13, Inflammation Score:-10, Nutrition Score:51.3999999908779%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 978.32kcal (48.92%), Fat: 54.61g (84.02%), Saturated Fat: 23.18g (144.85%), Carbohydrates: 31.59g (10.53%), Net Carbohydrates: 26.44g (9.61%), Sugar: 11.1g (12.33%), Cholesterol: 310.5mg (103.5%), Sodium: 725.88mg (31.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 92.72g (185.45%), Zinc: 34.82mg (232.11%), Vitamin B12: 12.3µg (204.94%), Vitamin A: 9704.13IU (194.08%), Selenium: 97.71µg (139.59%), Vitamin B3: 23.75mg (118.75%), Vitamin B6: 2.17mg (108.42%), Phosphorus: 1005.9mg (100.59%), Potassium: 2567.34mg (73.35%), Iron: 11.82mg (65.67%), Vitamin B2: 0.96mg (56.64%), Vitamin B5: 3.8mg (38.02%), Copper: 0.7mg (34.99%), Vitamin B1: 0.52mg (34.75%), Magnesium: 138.38mg (34.59%), Vitamin K: 28.4µg (27.05%), Vitamin C: 19.49mg (23.62%), Manganese: 0.47mg (23.32%), Fiber: 5.16g (20.62%), Vitamin E: 2.41mg (16.05%), Calcium: 151.48mg (15.15%), Folate: 60µg (15%), Vitamin D: 0.51µg (3.38%)