



Potted Beef and Mushrooms

 Gluten Free

READY IN



200 min.

SERVINGS



6

CALORIES



701 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds beef chuck dry cubed
- ☐ 4 cups beef stock
- ☐ 2 tablespoons butter
- ☐ 4 ribs celery thinly sliced
- ☐ 6 servings kosher salt and coarse pepper black
- ☐ 0.5 cup cooking wine dry red
- ☐ 6 servings evoo for drizzling
- ☐ 1 cup flat-leaf parsley tops fresh coarsely chopped

- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 4 cloves garlic crushed
- ☐ 0.5 juice of lemon juiced
- ☐ 0.3 cup olive oil as needed plus more
- ☐ 1 onion chopped
- ☐ 0.5 cup pecorino cheese shaved
- ☐ 5 medium to 6 portabella mushrooms cut into 1-inch dice
- ☐ 2 tablespoons worcestershire sauce
- ☐ 1 ounce porcinis dried

Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ stove

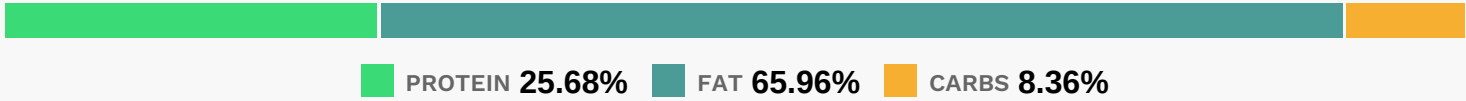
Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 325 degrees F.
- ☐ Place the dried mushrooms in a small pot and cover with half the beef stock. Bring to boil and simmer until very tender and liquids reduce by one-third, 15 minutes.
- ☐ Meanwhile heat the olive oil, a couple turns of the pan, over medium-high heat.
- ☐ Sprinkle the meat with salt and pepper and brown half the meat until evenly crusted all over.
- ☐ Remove the browned meat to a plate. Repeat for the remaining meat, using more oil as needed.
- ☐ Add the butter to the meat drippings and melt.
- ☐ Add the thyme and portabellas, cook until well browned, 10 to 12 minutes. Season with salt and pepper, add the garlic and onions and cook 5 minutes more.
- ☐ Add the wine and deglaze the pan. Chop and add the porcinis and their liquids, the remaining 2 cups of stock and Worcestershire. Cover and roast until tender, 2 hours. Cool and store for

a make-ahead meal. Reheat in 325 degrees F oven until heated through, or on the stovetop, partially covered, over a medium flame. Toss the parsley and celery with the lemon juice, EVOO and some salt and pepper, then mix in the cheese.

☐ Garnish the stew with the celery salad on top.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:0.97, Inflammation Score:-10, Nutrition Score:39.655217834141%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 22.39mg, Apigenin: 22.39mg, Apigenin: 22.39mg, Apigenin: 22.39mg Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 1.58mg, Myricetin: 1.58mg, Myricetin: 1.58mg, Myricetin: 1.58mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 700.93kcal (35.05%), Fat: 51.36g (79.02%), Saturated Fat: 16.68g (104.27%), Carbohydrates: 14.65g (4.88%), Net Carbohydrates: 11.75g (4.27%), Sugar: 4.65g (5.17%), Cholesterol: 149.11mg (49.7%), Sodium: 902.97mg (39.26%), Alcohol: 2.1g (100%), Alcohol %: 0.49% (100%), Protein: 44.98g (89.97%), Vitamin K: 189.33µg (180.31%), Zinc: 15.69mg (104.58%), Vitamin B12: 5.3µg (88.26%), Selenium: 57.83µg (82.61%), Vitamin B3: 13.72mg (68.62%), Phosphorus: 587.4mg (58.74%), Vitamin B6: 1.05mg (52.65%), Potassium: 1480.94mg (42.31%), Vitamin B2: 0.65mg (38.47%), Copper: 0.7mg (35.21%), Iron: 6.31mg (35.07%), Vitamin B5: 3.19mg (31.86%), Vitamin E: 3.99mg (26.59%), Vitamin C: 21.71mg (26.32%), Vitamin A: 1253.94IU (25.08%), Calcium: 185.65mg (18.57%), Magnesium: 71.75mg (17.94%), Vitamin B1: 0.27mg (17.91%), Folate: 67.24µg (16.81%), Manganese: 0.27mg (13.29%), Fiber: 2.9g (11.59%), Vitamin D: 0.62µg (4.17%)