



Provençal Beef Daube



Gluten Free



Dairy Free

READY IN



439 min.

SERVINGS



8

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon peppercorns whole black
- ☐ 15 ounce canned tomatoes whole crushed drained canned
- ☐ 2 large carrots peeled thinly sliced
- ☐ 1 celery stalk thinly sliced
- ☐ 2 pounds chuck roast boneless trimmed cut into chunks
- ☐ 1 teaspoon cornstarch

- ☐ 0.5 ounce porcini mushrooms dried
- ☐ 3 flat-leaf parsley sprigs
- ☐ 1.5 tablespoons flat-leaf parsley leaves fresh chopped
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 6 garlic cloves minced
- ☐ 0.3 cup lower-sodium beef broth fat-free
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup niçoise olives pitted
- ☐ 1 large onion peeled chopped
- ☐ 1 inch orange rind
- ☐ 0.5 cup red wine
- ☐ 0.8 teaspoon salt divided
- ☐ 3 thyme sprigs
- ☐ 0.5 cup water boiling
- ☐ 1 tablespoon water

Equipment

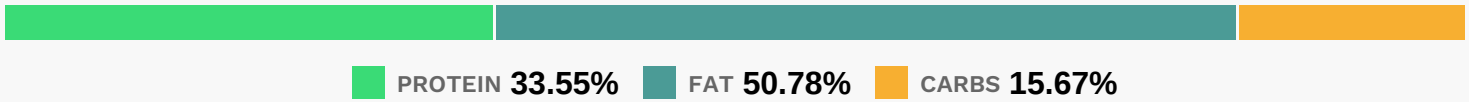
- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ ziploc bags
- ☐ slow cooker
- ☐ cheesecloth
- ☐ kitchen twine

Directions

- ☐ Combine first 3 ingredients in a large zip-top plastic bag. Seal and marinate at room temperature 30 minutes, turning bag occasionally.
- ☐ Combine 1/2 cup boiling water and mushrooms; cover and let stand 30 minutes.

- ☐ Drain through a sieve over a bowl, reserving mushrooms and 1/4 cup soaking liquid. Chop mushrooms.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Sprinkle beef mixture with 1/4 teaspoon salt. Coat pan with cooking spray.
- ☐ Add half of beef mixture to pan; saut 5 minutes, turning to brown on all sides.
- ☐ Place browned beef mixture in a 6-quart electric slow cooker. Repeat procedure with cooking spray and remaining beef mixture.
- ☐ Add wine and broth to skillet; bring to a boil, scraping pan to loosen browned bits.
- ☐ Pour wine mixture into slow cooker.
- ☐ Add mushrooms, reserved 1/4 cup soaking liquid, remaining 1/2 teaspoon salt, olives, and next 5 ingredients (through tomatoes).
- ☐ Place peppercorns, parsley sprigs, thyme sprigs, bay leaf, and orange rind on a double layer of cheesecloth. Gather edges of cheesecloth together; secure with twine.
- ☐ Add cheesecloth bundle to slow cooker. Cover and cook on LOW for 6 hours or until beef and vegetables are tender. Discard the cheesecloth bundle.
- ☐ Combine 1 tablespoon water and cornstarch in a small bowl, stirring until smooth.
- ☐ Add cornstarch mixture to slow cooker; cook 20 minutes or until slightly thick, stirring occasionally.
- ☐ Sprinkle with chopped parsley and chopped thyme.
- ☐ More Ways with Dried Porcini Mushrooms
- ☐ Rehydrate mushrooms with boiling water; use soaking liquid and mushrooms to flavor risotto.
- ☐ Enrich soups and stews with soaking liquid and mushrooms.
- ☐ Use soaking liquid and mushrooms as the base for pasta sauce.

Nutrition Facts



Properties

Glycemic Index:50.85, Glycemic Load:2.45, Inflammation Score:-10, Nutrition Score:21.580434664436%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 2.48mg, Apigenin: 2.48mg, Apigenin: 2.48mg, Apigenin: 2.48mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 285.67kcal (14.28%), Fat: 15.91g (24.48%), Saturated Fat: 6.13g (38.31%), Carbohydrates: 11.06g (3.69%), Net Carbohydrates: 8.43g (3.06%), Sugar: 4.19g (4.66%), Cholesterol: 78.24mg (26.08%), Sodium: 498.05mg (21.65%), Alcohol: 1.59g (100%), Alcohol %: 0.78% (100%), Protein: 23.66g (47.31%), Vitamin A: 3297.54IU (65.95%), Zinc: 8.97mg (59.79%), Vitamin B12: 3.1µg (51.6%), Selenium: 25.05µg (35.79%), Vitamin B6: 0.62mg (31.17%), Vitamin B3: 6.1mg (30.52%), Vitamin K: 27.9µg (26.57%), Phosphorus: 258.14mg (25.81%), Potassium: 711.7mg (20.33%), Iron: 3.6mg (19.98%), Manganese: 0.34mg (16.99%), Copper: 0.31mg (15.34%), Vitamin B2: 0.24mg (14.36%), Vitamin C: 11.25mg (13.64%), Vitamin B5: 1.34mg (13.43%), Magnesium: 44.77mg (11.19%), Fiber: 2.63g (10.52%), Vitamin B1: 0.15mg (9.97%), Vitamin E: 1.49mg (9.92%), Calcium: 65.05mg (6.5%), Folate: 23.03µg (5.76%), Vitamin D: 0.18µg (1.22%)