



Red-Wine Pot Roast with Porcini



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



667 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup chicken broth
- ☐ 4 pound beef chuck boneless trimmed
- ☐ 28 ounce canned tomatoes whole peeled drained canned
- ☐ 2 celery stalks with some leaves, cut into 1/2-inch-thick slices
- ☐ 0.5 ounce the following: parmesan rind) dried
- ☐ 1 cup wine dry red
- ☐ 3 garlic clove smashed
- ☐ 1 tablespoon marjoram fresh chopped for garnish

- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 large onion coarsely chopped

Equipment

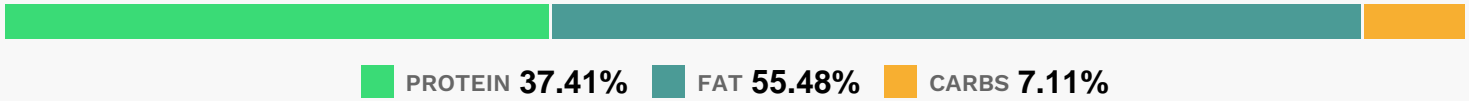
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ cutting board

Directions

- ☐ Preheat oven to 300°F. Bring broth to simmer in saucepan.
- ☐ Remove from heat; add mushrooms, cover, and let stand until soft, about 15 minutes. Using slotted spoon, transfer mushrooms to cutting board. Chop coarsely. Reserve mushrooms and broth separately.
- ☐ Sprinkle beef with salt and pepper.
- ☐ Heat oil in heavy large ovenproof pot over medium-high heat.
- ☐ Add beef and cook until brown on all sides, about 15 minutes total.
- ☐ Transfer beef to large plate.
- ☐ Pour off all but 1 tablespoon drippings from pot.
- ☐ Place pot over medium heat.
- ☐ Add onion and celery.
- ☐ Sprinkle with salt and pepper and sauté until beginning to brown, about 8 minutes.
- ☐ Add garlic, chopped marjoram, and reserved porcini mushrooms; sauté 1 minute. Using hands, crush tomatoes, 1 at a time, into pot. Cook 3 minutes, stirring frequently and scraping up browned bits from bottom of pot.
- ☐ Add wine; boil 5 minutes.
- ☐ Add reserved mushroom broth, leaving any sediment behind. Boil 5 minutes.

- ☐ Return beef and any accumulated juices to pot. Cover; transfer to oven. Cook 1 1/2 hours. Turn beef and continue cooking until tender, about 1 1/2 hours longer. (Can be made 2 days ahead. Cool slightly. Refrigerate uncovered until cool. Cover and keep refrigerated.)
- ☐ Transfer beef to cutting board; tent with foil. Spoon fat from surface of juices in pot. Bring juices to boil; cook until liquid is reduced to 4 cups, about 7 minutes. Season with salt and pepper.
- ☐ Cut beef into 1/2-inch-thick slices.
- ☐ Transfer to platter. Spoon juices over, garnish with marjoram sprigs, and serve.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.66, Inflammation Score:-6, Nutrition Score:34.453913419143%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg

Nutrients (% of daily need)

Calories: 667.08kcal (33.35%), Fat: 39.85g (61.31%), Saturated Fat: 16g (100.02%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 9.39g (3.42%), Sugar: 4.35g (4.83%), Cholesterol: 208.65mg (69.55%), Sodium: 448.83mg (19.51%), Alcohol: 4.2g (100%), Alcohol %: 0.97% (100%), Protein: 60.46g (120.92%), Zinc: 23.21mg (154.74%), Vitamin B12: 8.29µg (138.25%), Selenium: 63.86µg (91.23%), Vitamin B3: 14.94mg (74.69%), Vitamin B6: 1.38mg (69.08%), Phosphorus: 625.47mg (62.55%), Iron: 7.82mg (43.47%), Potassium: 1370.61mg (39.16%), Vitamin B2: 0.56mg (33.09%), Vitamin B5: 2.57mg (25.74%), Copper: 0.43mg (21.65%), Magnesium: 78.71mg (19.68%), Vitamin B1: 0.28mg (18.75%), Vitamin C: 15.19mg (18.41%), Vitamin K: 17.16µg (16.35%), Vitamin E: 2.16mg (14.39%), Manganese: 0.22mg (10.96%), Calcium: 103.76mg (10.38%), Fiber: 2.08g (8.33%), Folate: 29.29µg (7.32%), Vitamin A: 228.8IU (4.58%), Vitamin D: 0.39µg (2.63%)