



Slow Cooker Pot Roast

 Dairy Free

READY IN

ready

530 min.

SERVINGS

servings

10

CALORIES

calories

427 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 4 pound beef chuck
- ☐ 4 medium carrots cut into 2-inch pieces
- ☐ 3 stalks celery peeled cut into 2-inch pieces
- ☐ 0.3 cup flour all-purpose plus more for coating
- ☐ 2 sprigs thyme leaves fresh
- ☐ 3 cloves garlic mashed
- ☐ 0.5 teaspoon ground allspice

- ☐ 10 servings kosher salt and pepper black freshly ground
- ☐ 3 cups beef broth low-sodium
- ☐ 3 tablespoons olive oil
- ☐ 1 medium onion cut into 1/2-inch wedges
- ☐ 0.5 cup parsley leaves loosely packed chopped
- ☐ 1 cup red wine
- ☐ 3 tablespoons tomato paste

Equipment

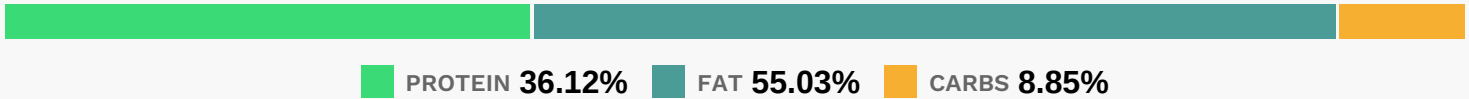
- ☐ frying pan
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Sprinkle the roast all over with 2 1/2 teaspoons salt and 1 1/2 teaspoons pepper. Coat in flour and shake off any excess.
- ☐ Heat 2 tablespoons of the oil in a large nonstick skillet over medium-high heat.
- ☐ Add the roast to the skillet and cook until golden brown on all sides, about 8 minutes, turning as needed.
- ☐ Transfer the roast to the insert of a 6-quart slow cooker, along with the carrots, celery, onions and garlic.
- ☐ Add the remaining 1 tablespoon oil to the skillet over medium heat.
- ☐ Add the tomato paste and stir until the oil begins to turn brick-red, about 1 minute.
- ☐ Add the flour and wine and whisk until thick (it's OK if there are some lumps).
- ☐ Add the beef broth, bay leaves, thyme, allspice, 1/2 teaspoon salt and a few grinds of pepper and bring to a simmer, whisking, until the gravy is smooth and thickens slightly, about 4 minutes.
- ☐ Pour the gravy into the slow cooker. Cover and cook on low for 8 hours. The roast and vegetables should be tender.

- ☐
- Remove the roast and let rest for a few minutes. Discard the thyme stems and strain the vegetables, reserving the gravy. Toss the vegetables with half the parsley and season with salt and pepper. Stir the remaining parsley into the gravy and season with salt and pepper. Slice the roast against the grain.
- ☐
- Serve the meat and vegetables on a platter, moistening them with some of the gravy; serve the remaining gravy on the side.

Nutrition Facts



Properties

Glycemic Index:39.48, Glycemic Load:3.91, Inflammation Score:-10, Nutrition Score:29.080000048098%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Petunidin: 0.48mg, Petunidin: 0.48mg, Petunidin: 0.48mg, Petunidin: 0.48mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 3.32mg, Malvidin: 3.32mg, Malvidin: 3.32mg, Malvidin: 3.32mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 6.85mg, Apigenin: 6.85mg, Apigenin: 6.85mg, Apigenin: 6.85mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 427.03kcal (21.35%), Fat: 25.23g (38.81%), Saturated Fat: 9.77g (61.04%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 7.56g (2.75%), Sugar: 2.56g (2.85%), Cholesterol: 125.19mg (41.73%), Sodium: 346.84mg (15.08%), Alcohol: 2.54g (100%), Alcohol %: 0.94% (100%), Protein: 37.26g (74.53%), Zinc: 13.88mg (92.53%), Vitamin A: 4492.88IU (89.86%), Vitamin B12: 4.95µg (82.55%), Vitamin K: 62.07µg (59.11%), Selenium: 39.36µg (56.23%), Vitamin B3: 8.64mg (43.19%), Vitamin B6: 0.79mg (39.61%), Phosphorus: 375.16mg (37.52%), Potassium: 979.34mg (27.98%), Iron: 4.63mg (25.72%), Vitamin B2: 0.33mg (19.27%), Vitamin B5: 1.28mg (12.76%), Vitamin B1: 0.18mg (12.33%), Magnesium: 48.02mg (12.01%), Vitamin C: 8.32mg (10.09%), Manganese: 0.2mg (9.78%), Vitamin E: 1.38mg (9.19%), Copper: 0.17mg (8.33%), Folate: 29.71µg (7.43%), Fiber: 1.57g (6.29%), Calcium: 58.47mg (5.85%), Vitamin D: 0.18µg (1.21%)