



Southwest Chuck Roast With Black Beans



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 15 oz black beans rinsed drained canned
- ☐ 10 oz canned tomatoes diced green drained canned
- ☐ 14.5 oz canned tomatoes diced drained canned
- ☐ 14 oz chicken broth low-sodium canned
- ☐ 3 lb chuck roast boneless trimmed
- ☐ 2 tablespoons parsley flakes dried
- ☐ 1 cup cooking wine dry red

- ☐ 3 tablespoons olive oil divided
- ☐ 2 medium onions chopped
- ☐ 1 teaspoon pepper freshly ground
- ☐ 1.5 teaspoons salt

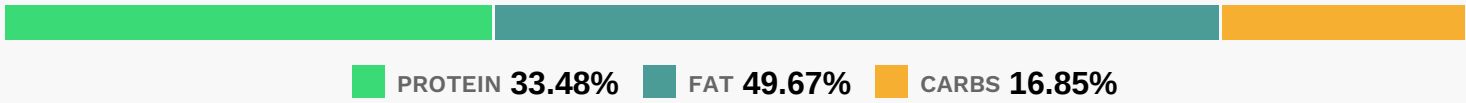
Equipment

- ☐ paper towels
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Rub roast evenly with 2 Tbsp. olive oil and 1 tsp. pepper.
- ☐ Place roast in a shallow dish or a large zip-top plastic freezer bag; add chopped onions and 1 cup red wine. Cover or seal, and chill at least 8 hours or up to 24 hours, turning once.
- ☐ Remove roast from marinade, reserving marinade. Pat roast dry with paper towels, and sprinkle evenly with 1 1/2 tsp. salt.
- ☐ Brown roast 4 minutes on each side in remaining 1 Tbsp. hot oil in a large heavy-duty roasting pan over medium-high heat. Stir in chicken broth, next 4 ingredients, and reserved marinade; bring to a boil.
- ☐ Remove from heat, and cover with heavy-duty aluminum foil.
- ☐ Bake at 300 for 1 1/2 hours. Turn roast, and bake 1 1/2 to 2 more hours or until meat shreds easily with a fork.
- ☐ Remove and discard bay leaf. Stir in black beans, and cook, stirring occasionally, over medium-low heat 10 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:16.88, Glycemic Load:2.38, Inflammation Score:-7, Nutrition Score:27.446956650071%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 3.04mg, Isorhamnetin: 3.04mg, Isorhamnetin: 3.04mg, Isorhamnetin: 3.04mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 474.7kcal (23.74%), Fat: 25.54g (39.29%), Saturated Fat: 9.49g (59.29%), Carbohydrates: 19.5g (6.5%), Net Carbohydrates: 13.51g (4.91%), Sugar: 5.09g (5.65%), Cholesterol: 117.37mg (39.12%), Sodium: 910.93mg (39.61%), Alcohol: 3.15g (100%), Alcohol %: 0.94% (100%), Protein: 38.73g (77.46%), Zinc: 13.44mg (89.61%), Vitamin B12: 4.69µg (78.22%), Selenium: 36.47µg (52.11%), Vitamin B3: 9.51mg (47.55%), Phosphorus: 432.12mg (43.21%), Vitamin B6: 0.85mg (42.72%), Iron: 6.01mg (33.4%), Potassium: 1082.59mg (30.93%), Fiber: 5.98g (23.94%), Vitamin B2: 0.39mg (22.96%), Manganese: 0.42mg (20.91%), Copper: 0.41mg (20.42%), Magnesium: 73.99mg (18.5%), Vitamin B1: 0.27mg (17.71%), Vitamin K: 17.63µg (16.79%), Vitamin E: 2.22mg (14.78%), Vitamin C: 12.09mg (14.65%), Vitamin B5: 1.43mg (14.26%), Folate: 55µg (13.75%), Calcium: 92.58mg (9.26%), Vitamin A: 223.29IU (4.47%), Vitamin D: 0.17µg (1.13%)