



Stracoto with Porcini Mushrooms

 **Gluten Free**  **Dairy Free**

READY IN



235 min.

SERVINGS



8

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pound beef chuck boneless
- 1.8 cups beef broth canned
- 0.5 ounce porcini mushrooms dried
- 1 cup cooking wine dry red
- 1 large sprig rosemary fresh for garnish
- 6 garlic cloves coarsely chopped
- 3 tablespoons olive oil
- 2 onions sliced

- 8 servings salt and pepper black freshly ground

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- oven
- pot
- blender
- roasting pan
- aluminum foil
- cutting board

Directions

- Preheat the oven to 350 degrees F.
- Pat the beef dry with paper towels.
- Sprinkle the beef generously with salt and pepper.
- Heat 2 tablespoons olive oil in a heavy 6-quart roasting pan over medium-high heat.
- Add the beef and cook until brown on all sides, about 15 minutes total cooking time.
- Transfer the beef to a bowl.
- Add remaining tablespoon oil to the pan, add the onions and saute until tender, scraping up the brown bits on the bottom of the pot, about 5 minutes.
- Add the garlic and saute 1 minute.
- Add the wine and boil 1 minute. Stir in the broth and mushrooms. Return the beef to the pan. Bring the liquids to a boil. Cover and transfer to the oven. Braise until the beef is fork-tender, turning the beef over halfway through cooking, about 3 hours.
- Transfer the beef to a cutting board. Tent the beef with foil and let stand 15 minutes. Meanwhile, spoon any excess fat off the top of the pan juices.
- Transfer the pan juices and vegetables to a blender and puree until smooth.

- Combine the sauce and rosemary sprig in heavy medium saucepan. Bring to a boil. Season the sauce, to taste, with salt and pepper.
- Cut the beef across the grain into 1/2-inch-thick slices. Arrange the sliced beef on a platter and garnish with rosemary. Spoon the sauce over and serve, passing the remaining sauce in a sauce boat.

Nutrition Facts

PROTEIN 36.96%

FAT 58.48%

CARBS 4.56%

Properties

Glycemic Index:11.13, Glycemic Load:0.79, Inflammation Score:-4, Nutrition Score:25.346956268601%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 503.08kcal (25.15%), Fat: 31.46g (48.4%), Saturated Fat: 12.24g (76.48%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 4.77g (1.73%), Sugar: 1.23g (1.36%), Cholesterol: 156.49mg (52.16%), Sodium: 380.85mg (16.56%), Alcohol: 3.15g (100%), Alcohol %: 1.15% (100%), Protein: 44.75g (89.49%), Zinc: 17.26mg (115.1%), Vitamin B12: 6.23µg (103.8%), Selenium: 48.37µg (69.09%), Vitamin B3: 10.51mg (52.57%), Vitamin B6: 0.95mg (47.61%), Phosphorus: 452.26mg (45.23%), Iron: 4.97mg (27.63%), Potassium: 859.13mg (24.55%), Vitamin B2: 0.37mg (21.91%), Vitamin B5: 1.84mg (18.39%), Magnesium: 49.97mg (12.49%), Copper: 0.25mg (12.43%), Vitamin B1: 0.17mg (11.55%), Vitamin E: 1.2mg (7.97%), Manganese: 0.13mg (6.74%), Vitamin K: 6.87µg (6.55%), Calcium: 52.83mg (5.28%), Folate: 16.07µg (4.02%), Vitamin C: 2.8mg (3.4%), Fiber: 0.75g (2.98%), Vitamin D: 0.3µg (1.97%)