



Stracotto (Pot Roast) with Porcini Mushrooms



Gluten Free



Dairy Free

READY IN



237 min.

SERVINGS



10

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pound beef chuck boneless
- ☐ 15 ounce beef broth low-sodium as needed canned
- ☐ 0.5 ounce porcini mushrooms dried
- ☐ 1 large sprig rosemary fresh chopped
- ☐ 6 sprigs thyme leaves fresh chopped
- ☐ 6 cloves garlic crushed
- ☐ 10 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil divided

- ☐ 2 onions chopped
- ☐ 1 cup red wine such as cabernet sauvignon or pinot noir

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ dutch oven
- ☐ immersion blender
- ☐ cutting board

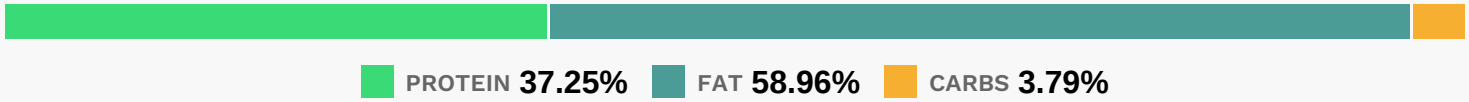
Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Pat the beef dry with paper towels and season with salt and pepper. In a heavy 6-quart pot or Dutch oven, heat 2 tablespoons of oil over medium-high heat.
- ☐ Add the beef and cook until browned on all sides, about 12 minutes.
- ☐ Remove the beef and set aside.
- ☐ Reduce the heat to medium.
- ☐ Add the remaining oil and the onions. Cook, stirring frequently, until tender, about 8 minutes.
- ☐ Add the garlic and cook for 1 minute until aromatic.
- ☐ Add the wine and scrape up the brown bits that cling to the bottom of the pan with a wooden spoon. Stir in the broth and mushrooms. Return the beef to the pot and bring the liquid to a boil. Cover the pot and transfer to the oven. Cook until the beef is fork-tender, about 3 hours, turning the beef over halfway through and adding more beef broth, as needed.
- ☐ Transfer the beef to a cutting board. Tent with foil and let stand for 15 minutes. Meanwhile, spoon any excess fat off the top of the pan juices. Using an immersion blender, blend the pan

juices and vegetables until smooth.

- ☐
- Add the rosemary and thyme. Bring to sauce to a simmer and simmer for 5 minutes. Season with salt and pepper, to taste.
- ☐
- Cut the beef into 1-inch pieces and place on a platter. Spoon some of the sauce over the meat and serve the remaining sauce on the side.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:0.66, Inflammation Score:-7, Nutrition Score:25.003478107245%

Flavonoids

Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 495.09kcal (24.75%), Fat: 31.5g (48.45%), Saturated Fat: 12.2g (76.24%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 3.87g (1.41%), Sugar: 0.98g (1.09%), Cholesterol: 156.49mg (52.16%), Sodium: 263.22mg (11.44%), Alcohol: 2.52g (100%), Alcohol %: 0.98% (100%), Protein: 44.76g (89.53%), Zinc: 17.23mg (114.89%), Vitamin B12: 6.19µg (103.19%), Selenium: 47.74µg (68.21%), Vitamin B3: 10.06mg (50.28%), Vitamin B6: 0.93mg (46.67%), Phosphorus: 442.75mg (44.27%), Iron: 4.96mg (27.58%), Potassium: 904.2mg (25.83%), Vitamin B2: 0.36mg (21.05%), Vitamin B5: 1.74mg (17.44%), Magnesium: 48.75mg (12.19%), Copper: 0.23mg (11.51%), Vitamin B1: 0.17mg (11.2%), Vitamin E: 1.22mg (8.1%), Vitamin K: 6.93µg (6.6%), Manganese: 0.12mg (6.05%), Calcium: 49.99mg (5%), Vitamin C: 3.2mg (3.88%), Folate: 13.65µg (3.41%), Fiber: 0.69g (2.74%), Vitamin D: 0.28µg (1.88%), Vitamin A: 59.43IU (1.19%)