



HEALTH SCORE

93%

Ultimate Slow-Cooked Pot Roast



Dairy Free



Very Healthy

READY IN



445 min.

SERVINGS



1

CALORIES



3766 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces baby portobello mushrooms cut in half
- ☐ 16 ounce baby-cut carrots
- ☐ 2 bay leaves
- ☐ 3 pound beef chuck boneless
- ☐ 2 stalks celery cut into 2-inch pieces
- ☐ 10.8 ounce campbell's® condensed cream of mushroom soup fat free 98% canned (Regular or)
- ☐ 1 cup cooking wine dry red
- ☐ 2 tablespoons flour all-purpose

- ☐ 4 small sprigs thyme leaves fresh
- ☐ 3 cloves garlic sliced
- ☐ 1 pinch salt and ground pepper black
- ☐ 1.3 pounds potatoes red cut in half
- ☐ 1 leaves sprig rosemary fresh (6-inch)
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup water cold

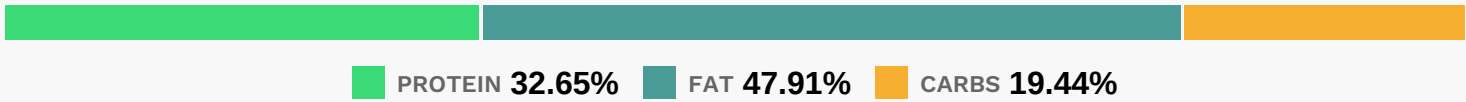
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Season the beef with the salt and black pepper.
- ☐ Heat the oil in a 12-inch skillet over medium-high heat.
- ☐ Add the beef and cook until well browned on all sides.
- ☐ Stir the soup, soup mix, wine and garlic in a 6-quart slow cooker. Stir in the carrots, potatoes and celery. Top with the thyme, bay leaves and rosemary. Top with the beef. Cover and cook on LOW 7 to 8 hours or until the beef and vegetables are fork-tender.
- ☐ Remove the beef from the cooker, cover and keep warm.
- ☐ Remove and discard the bay leaves, rosemary and thyme.
- ☐ Stir the flour and water in a small bowl until the mixture is smooth. Stir the flour mixture and mushrooms in the cooker. Cover and cook on HIGH for 10 minutes or until the mixture boils and thickens and the mushrooms are tender.
- ☐ Serve with the beef.

Nutrition Facts



Properties

Glycemic Index:214, Glycemic Load:9.67, Inflammation Score:-10, Nutrition Score:86.45478236157%

Flavonoids

Petunidin: 7.97mg, Petunidin: 7.97mg, Petunidin: 7.97mg, Petunidin: 7.97mg Delphinidin: 10.03mg, Delphinidin: 10.03mg, Delphinidin: 10.03mg, Delphinidin: 10.03mg Malvidin: 62.98mg, Malvidin: 62.98mg, Malvidin: 62.98mg, Malvidin: 62.98mg Peonidin: 4.44mg, Peonidin: 4.44mg, Peonidin: 4.44mg, Peonidin: 4.44mg Catechin: 18.48mg, Catechin: 18.48mg, Catechin: 18.48mg, Catechin: 18.48mg Epicatechin: 25.58mg, Epicatechin: 25.58mg, Epicatechin: 25.58mg, Epicatechin: 25.58mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 2.39mg, Apigenin: 2.39mg, Apigenin: 2.39mg, Apigenin: 2.39mg Luteolin: 2.77mg, Luteolin: 2.77mg, Luteolin: 2.77mg, Luteolin: 2.77mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 3765.93kcal (188.3%), Fat: 193.38g (297.51%), Saturated Fat: 76.97g (481.08%), Carbohydrates: 176.59g (58.86%), Net Carbohydrates: 147.59g (53.67%), Sugar: 35.78g (39.75%), Cholesterol: 954.17mg (318.06%), Sodium: 3808.7mg (165.6%), Alcohol: 25.2g (100%), Alcohol %: 0.95% (100%), Protein: 296.54g (593.09%), Vitamin A: 63359.18IU (1267.18%), Zinc: 109.94mg (732.91%), Vitamin B12: 37.75µg (629.17%), Selenium: 336.11µg (480.16%), Vitamin B3: 82.1mg (410.52%), Vitamin B6: 7.31mg (365.4%), Phosphorus: 3432.51mg (343.25%), Potassium: 9675.7mg (276.45%), Iron: 41.19mg (228.84%), Vitamin B2: 2.94mg (172.99%), Copper: 3.41mg (170.75%), Manganese: 3.13mg (156.69%), Vitamin B5: 15.26mg (152.62%), Vitamin K: 153.31µg (146.01%), Vitamin B1: 1.84mg (122.88%), Magnesium: 472.64mg (118.16%), Fiber: 29g (116.02%), Folate: 409.97µg (102.49%), Vitamin C: 72.56mg (87.95%), Calcium: 525.97mg (52.6%), Vitamin E: 5.15mg (34.3%), Vitamin D: 2.04µg (13.61%)