

food
network



HEALTH SCORE

78%

Wild Mushrooms and Beef over Lentils



Gluten Free



Very Healthy

READY IN

**200 min.**

SERVINGS

**8**

CALORIES

**714 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds beef shoulder skinless 2 roasts tender major
- ☐ 2 ounces crimini mushrooms with a brush and trimmed cleaned
- ☐ 0.5 cup demi-glace brown sauce
- ☐ 1 pound lentils dried
- ☐ 3 sprigs parsley fresh finely chopped
- ☐ 2 sage leaves fresh finely chopped
- ☐ 2 sage leaves fresh finely minced
- ☐ 5 sprigs thyme leaves fresh minced

- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 2 cloves garlic finely minced
- ☐ 1 lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon olive oil white to saute onion
- ☐ 6 small springs of parsley fresh chopped
- ☐ 5 ounces portabello mushrooms with a brush, gills removed, trimmed and sliced cleaned
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 2 shallots finely minced
- ☐ 2 ounces mushroom caps with a brush and trimmed cleaned
- ☐ 1 large tomatoes diced seeds removed and ripe
- ☐ 2 tablespoon butter unsalted
- ☐ 1 onion white chopped

Equipment

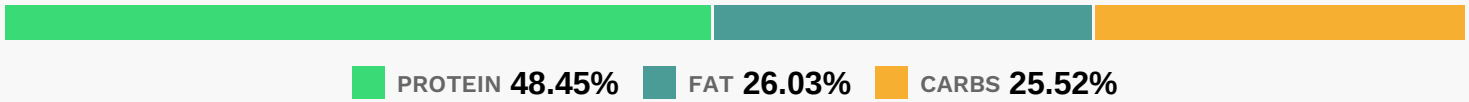
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ microwave
- ☐ colander

Directions

- ☐ Microwave lime in a small bowl to release essential oils and set aside until it is just cool enough to handle.
- ☐ Rinse beef to remove any blood residue and pat dry with paper toweling. Rub with salt and pepper and set aside briefly.
- ☐ Combine shallots, garlic, thyme, parsley, sage and olive oil to form a smooth paste. Rub into beef and let sit for a minimum of 2 hours.

- ☐ Preheat oven to 350 degrees F.
- ☐ Heat oil in a large saute pan with an oven safe handle, and sear beef on all sides. Roast in oven until the beef reaches an internal temperature of 125 degrees F, about 20 to 25 minutes, so when you pull it out it will reach 145 degrees F for medium doneness during the carryover cooking while it is resting. (You will be using the pan juices for the lentils, so do not discard them.)
- ☐ While the beef is roasting, rinse lentils in a colander and examine to make sure there are no foreign material (such as pebbles).
- ☐ Transfer to a saucepot with just enough water to cover, and bring to a boil. Reduce and simmer for about 20 minutes until lentils are re-hydrated and water is absorbed, then remove from heat.
- ☐ While lentils are cooking, heat olive oil in a large skillet over medium heat, and saute white onion until translucent.
- ☐ Add 2 tablespoons butter to the saute pan and when it melts, add shiitake, crimini, and portobello mushrooms to the onion pan along with sage and thyme. Cook mushrooms until they begin to soften and to give up their juices. Stir sauteed onion- mushroom-herb mixture into pot of lentils along with demi-glace. Lower heat and cook for a few minutes to integrate flavors, but do not allow lentils to get mushy.
- ☐ Remove from heat and keep in a warm place.
- ☐ Remove beef from oven and transfer to a utility platter to let rest. Strain pan juices from beef into lentil mixture and stir to combine. Keep covered and warm.
- ☐ Sliced rested beef into thin slices. Stir diced tomato into lentils. Spoon some lentil/mushroom mixture into the center of serving dish and top with beef.
- ☐ Garnish with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:53.33, Glycemic Load:5.43, Inflammation Score:-10, Nutrition Score:50.093043047449%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin:

0.44mg Apigenin: 2.49mg, Apigenin: 2.49mg, Apigenin: 2.49mg, Apigenin: 2.49mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 713.81kcal (35.69%), Fat: 20.27g (31.19%), Saturated Fat: 8.26g (51.65%), Carbohydrates: 44.71g (14.9%), Net Carbohydrates: 25.6g (9.31%), Sugar: 5.1g (5.67%), Cholesterol: 191.23mg (63.74%), Sodium: 460.08mg (20%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 84.89g (169.78%), Zinc: 21.33mg (142.22%), Vitamin B12: 7.51µg (125.1%), Selenium: 84.51µg (120.74%), Vitamin B6: 1.99mg (99.29%), Phosphorus: 876.4mg (87.64%), Vitamin B3: 15.8mg (78.98%), Folate: 307.1µg (76.77%), Fiber: 19.12g (76.47%), Iron: 12.29mg (68.27%), Vitamin B1: 0.72mg (48.01%), Manganese: 0.96mg (47.82%), Potassium: 1634.16mg (46.69%), Vitamin B2: 0.71mg (41.94%), Copper: 0.74mg (37.19%), Magnesium: 140.84mg (35.21%), Vitamin B5: 3.41mg (34.05%), Vitamin K: 28.35µg (27%), Vitamin C: 15.19mg (18.41%), Vitamin A: 521.12IU (10.42%), Calcium: 85.68mg (8.57%), Vitamin E: 1.04mg (6.96%), Vitamin D: 0.37µg (2.45%)