



Wine-Braised Chuck Roast with Onions

 Dairy Free

READY IN



4500 min.

SERVINGS



4

CALORIES



1266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds beef chuck boneless
- ☐ 0.8 teaspoon pepper black
- ☐ 1.5 cups cooking wine dry white
- ☐ 0.5 pound accompaniment: egg noodles boiled
- ☐ 1 leaf garnish: flat parsley fresh chopped
- ☐ 1 teaspoon rosemary or dried fresh crumbled chopped
- ☐ 1 teaspoon thyme or dried fresh crumbled chopped
- ☐ 2 large garlic cloves finely chopped

- ☐ 2 pounds onions halved lengthwise thinly sliced (4 to 6 medium)
- ☐ 2 teaspoons salt
- ☐ 1 tablespoon tomato paste
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water

Equipment

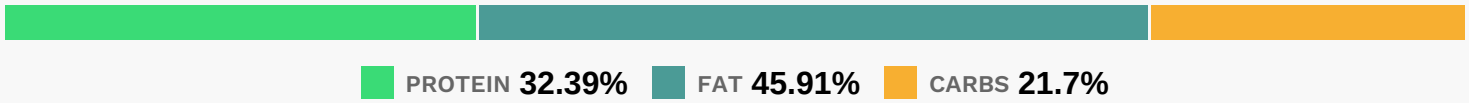
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Put oven rack in middle position and preheat oven to 325°F.
- ☐ Pat beef dry and rub all over with 1 1/2 teaspoons salt and 1/2 teaspoon pepper.
- ☐ Heat oil in an ovenproof 5-quart wide heavy pot over moderately high heat until hot but not smoking and brown beef on all sides, about 15 minutes total.
- ☐ Transfer beef to a plate.
- ☐ Add onions to pot and sauté over moderately high heat, stirring frequently, until pale golden, about 10 minutes.
- ☐ Add garlic, tomato paste, thyme, rosemary, and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper and cook, stirring, 2 minutes.
- ☐ Add wine and water and bring to a boil. Return beef to pot, then cover tightly and braise in oven, turning once after 1 hour, until beef is very tender, 2 1/2 to 3 hours total.
- ☐ Let beef stand, uncovered, in onion sauce about 30 minutes.
- ☐ If reserving some meat for beef salad, cut off one third of roast, and, when cool enough to handle, shred and toss with 3/4 cup onion sauce. Cool completely, uncovered, then chill in an airtight container.
- ☐ While shredded beef cools, preheat oven to 350°F and transfer remaining beef to a cutting board and cut into 1/2-inch-thick slices. Season with salt and pepper and return beef to sauce. Reheat, covered, 20 minutes.

Beef can be braised, sliced, and shredded, then returned separately to sauce 5 days ahead. Cool completely, uncovered, then chill, covered. Reheat sliced beef and onion sauce in pot, covered, or an ovenproof serving dish covered with foil in a 350°F oven about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:56.25, Glycemic Load:22.44, Inflammation Score:-9, Nutrition Score:47.563912941062%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 46.1mg, Quercetin: 46.1mg, Quercetin: 46.1mg, Quercetin: 46.1mg

Nutrients (% of daily need)

Calories: 1266.09kcal (63.3%), Fat: 61.68g (94.89%), Saturated Fat: 24.69g (154.31%), Carbohydrates: 65.61g (21.87%), Net Carbohydrates: 59.48g (21.63%), Sugar: 12.06g (13.4%), Cholesterol: 360.61mg (120.2%), Sodium: 1590.8mg (69.17%), Alcohol: 9.27g (100%), Alcohol %: 1.3% (100%), Protein: 97.92g (195.85%), Zinc: 35.77mg (238.44%), Vitamin B12: 12.55µg (209.12%), Selenium: 139.8µg (199.72%), Vitamin B6: 2.21mg (110.34%), Phosphorus: 1082.78mg (108.28%), Vitamin B3: 21.32mg (106.59%), Iron: 11.75mg (65.28%), Potassium: 2094.68mg (59.85%), Manganese: 1.04mg (51.81%), Vitamin B2: 0.79mg (46.66%), Magnesium: 154.76mg (38.69%), Vitamin B5: 3.64mg (36.43%), Vitamin B1: 0.51mg (34.13%), Vitamin K: 30.34µg (28.9%), Copper: 0.57mg (28.71%), Fiber: 6.12g (24.49%), Vitamin C: 18.59mg (22.53%), Folate: 75.72µg (18.93%), Calcium: 170.68mg (17.07%), Vitamin E: 1.87mg (12.47%), Vitamin D: 0.62µg (4.16%), Vitamin A: 193.13IU (3.86%)