



Zinfandel-Braised Beef Brisket with Onions and Potatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pound brisket trimmed
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 carrots peeled cut into (1/2-inch-thick) slices
- ☐ 2 celery stalks cut into (1/2-inch-thick) slices
- ☐ 1.3 teaspoons thyme leaves dried divided
- ☐ 1.5 teaspoons olive oil extravirgin
- ☐ 0.5 cup less-sodium chicken broth fat-free

- ☐ 8 servings parsley fresh chopped
- ☐ 6 garlic cloves thinly sliced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon oregano dried
- ☐ 1.5 pounds potatoes red cut into quarters
- ☐ 2 teaspoons salt divided
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup tomato paste
- ☐ 8 cups walla walla sweet sliced (4 medium)
- ☐ 2 cups red wine dry red fruity

Equipment

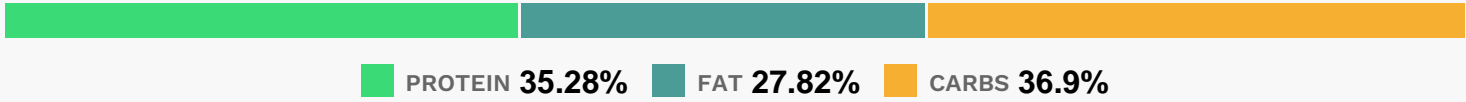
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Preheat oven to 32
- ☐ Combine first 3 ingredients, stirring with a whisk.
- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Sprinkle beef with 3/4 teaspoon salt and 1/4 teaspoon black pepper. Coat pan with cooking spray.
- ☐ Add beef to pan; cook for 8 minutes, browning on all sides.
- ☐ Remove beef from pan; cover and set aside.
- ☐ Add 1/2 teaspoon salt, 1/4 teaspoon black pepper, onion, sugar, and 1 teaspoon thyme to pan. Cook 20 minutes or until onions are tender and golden brown, stirring occasionally.
- ☐ Add garlic, carrots, and celery; cook 5 minutes, stirring occasionally.

- ☐ Place beef on top of onion mixture; pour wine mixture over beef. Cover and place in oven.
- ☐ Bake at 325 for 1 3/4 hours.
- ☐ While beef mixture cooks, place potatoes in a large bowl.
- ☐ Add 3/4 teaspoon salt, 1/4 teaspoon thyme, oil, oregano, and red pepper; toss to coat. Arrange in a single layer on a jelly-roll pan coated with cooking spray.
- ☐ Remove beef from oven; turn beef over.
- ☐ Place potatoes on lower rack in oven. Cover beef; return to oven.
- ☐ Bake potatoes and beef at 325 for 45 minutes or until beef is tender.
- ☐ Remove beef from oven; cover and keep warm. Increase oven temperature to 42
- ☐ Place potatoes on middle rack in oven; bake at 425 for 15 minutes or until crisp and edges are browned.
- ☐ Remove beef from pan; cut across the grain into thin slices.
- ☐ Serve with onion mixture and potatoes.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:40.62, Glycemic Load:3.4, Inflammation Score:-10, Nutrition Score:28.290000189906%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 2.46mg, Myricetin: 2.46mg, Myricetin: 2.46mg, Myricetin: 2.46mg Quercetin: 23.87mg, Quercetin: 23.87mg, Quercetin: 23.87mg, Quercetin: 23.87mg

Nutrients (% of daily need)

Calories: 420.62kcal (21.03%), Fat: 11.63g (17.9%), Saturated Fat: 3.84g (23.98%), Carbohydrates: 34.72g (11.57%), Net Carbohydrates: 30.67g (11.15%), Sugar: 13.95g (15.51%), Cholesterol: 87.88mg (29.29%), Sodium: 858.35mg (37.32%), Alcohol: 6.55g (100%), Alcohol %: 1.67% (100%), Protein: 33.2g (66.39%), Vitamin K: 78.61µg (74.86%), Vitamin A: 3058.61IU (61.17%), Vitamin B12: 3.47µg (57.88%), Vitamin B6: 1.03mg (51.31%), Zinc: 6.78mg (45.2%), Phosphorus: 400.75mg (40.08%), Vitamin B3: 7.35mg (36.77%), Selenium: 25.61µg (36.59%), Potassium:

1222.53mg (34.93%), Vitamin C: 23.87mg (28.94%), Iron: 4.67mg (25.94%), Vitamin B1: 0.3mg (20.13%), Manganese: 0.4mg (19.9%), Vitamin B2: 0.33mg (19.64%), Magnesium: 75.14mg (18.78%), Copper: 0.37mg (18.75%), Folate: 73.67µg (18.42%), Fiber: 4.06g (16.23%), Vitamin B5: 1mg (9.96%), Vitamin E: 1.17mg (7.78%), Calcium: 74.12mg (7.41%)