

Italian Pot Roast

Yield: 8 min

Total Time: 250 min

Recipe from: <https://www.recipeschoose.com/recipes/da-italian-beef-roast-recipe>

Ingredients:

- 4 pounds beef roast rump or chuck
- 1 teaspoon salt plus more to taste
- 1/2 teaspoon ground black pepper freshly
- 1/2 cup extra virgin olive oil
- 1 carrot large, diced, about 1 cup
- 1 celery stalk large, diced, about 1 cup
- 1 red onion medium, diced, 1 to 1 1/2 cups
- 2 garlic cloves finely minced
- 2 tablespoons fresh flat leaf parsley chopped
- 1 bay leaf
- 1 tablespoon chopped fresh sage finely
- 3 cups red wine medium-bodied Italian, we used a Barbera
- 28 ounces Italian plum tomatoes put through a food mill to remove the seeds

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 9 grams
3. Fat: 14 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. SaturatedFat: 2 grams
7. Sodium: 310 milligrams
8. Sugar: 5 grams

Thank you for visiting our website. Hope you enjoy Italian Pot Roast above. You can see more 19 da italian beef roast recipe Experience flavor like never before! to get more great cooking ideas.