

Italian Braised Beef (Brasato)

Yield: 6 min
Total Time: 120 min

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

Ingredients:

- 3 pounds sirloin tip roast
- eye of round
- pot roast
- 1/4 cup butter
- 3 tablespoons olive oil
- 1 onion finely chopped
- 2 carrots finely chopped
- 1 celery stalk finely chopped
- 3/4 cup red wine
- 24 ounces tomatoes whole, tomatoes removed and chopped
- 1 tablespoon tomato paste
- 3 cups beef stock
- salt
- pepper

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 170 milligrams
4. Fat: 35 grams
5. Fiber: 3 grams
6. Protein: 52 grams
7. SaturatedFat: 13 grams
8. Sodium: 590 milligrams
9. Sugar: 7 grams

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