

Italian Pot Roast (Stracotto alla Fiorentina)

Yield: 8 min
Total Time: 210 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-stracotto>

Ingredients:

- 3 pounds chuck roast
- 2 cloves garlic peeled and sliced
- salt
- freshly ground pepper
- 2 tablespoons olive oil
- 1 onion sliced
- 1 carrot peeled and finely chopped
- 2 celery sticks chopped
- 1 cup red wine suggestion: Chianti
- 1 jar Bertolli® Riserva Marinara Sauce Rustic Cut Marinara with Traditional Vegetables
- 6 basil leaves
- chopped parsley to garnish, optional

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 115 milligrams
4. Fat: 37 grams
5. Fiber: 4 grams
6. Protein: 35 grams
7. SaturatedFat: 13 grams
8. Sodium: 600 milligrams
9. Sugar: 10 grams

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