

SLOW-COOKER BRAISED BEEF WITH CARROTS & TURNIPS

Ingredients

- 1 tablespoon kosher salt
- 2 teaspoons ground cinnamon
- ½ teaspoon ground allspice
- ½ teaspoon ground pepper
- ¼ teaspoon ground cloves
- 3-3 1/2 pounds beef chuck roast, trimmed
- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 3 cloves garlic, sliced
- 1 cup red wine
- 1 (28 ounce) can whole tomatoes, preferably San Marzano
- 5 medium carrots, cut into 1-inch pieces
- 2 medium turnips, peeled and cut into 1/2-inch pieces
- Chopped fresh basil for garnish



Directions

- Step 1
Combine salt, cinnamon, allspice, pepper and cloves in a small bowl. Rub the mixture all over beef.
- Step 2
Heat oil in a large skillet over medium heat. Add the beef and cook until browned, 4 to 5 minutes per side. Transfer to a 5- to 6-quart slow cooker.
- Step 3
Add onion and garlic to the pan. Cook, stirring, for 2 minutes. Add wine and tomatoes (with their juice); bring to a boil, scraping up any browned bits and breaking up the tomatoes. Add the mixture to the slow cooker along with carrots and turnips.
- Step 4
Cover and cook on High for 4 hours or Low for 8 hours.
- Step 5
Remove the beef from the slow cooker and slice. Serve the beef with the sauce and vegetables, garnished with basil, if desired.

Tips

Active: 40 minutes Slow-cooker time: 4-8 hours

To make ahead: Refrigerate the browned beef (Steps 1-2) and tomato mixture (Step 3) separately for up to 1 day. Bring the tomato mixture to a boil before adding to the slow cooker.

Equipment: 5- to 6-quart slow cooker

Nutrition Facts

Serving Size: 3 Oz. Beef & 1 Cup Vegetables Each

Per Serving:

318 calories; protein 34.7g; carbohydrates 12.8g; dietary fiber 3.1g; sugars 6.2g; fat 10.7g; saturated fat 3.2g; cholesterol 98.9mg; vitamin a iu 6776.9IU; vitamin c 17.4mg; folate 26.3mcg; calcium 69mg; iron 3.5mg; magnesium 36mg; potassium 697.7mg; sodium 538.4mg.

Exchanges:

2 Vegetable, 4 1/2 Lean Meat, 1/2 Fat