

Braised Beef with Italian Herbs

Prep time: 20 minutes • Cook time: 1½ to 2 hours • Serves 6 • Serving size: 4 ounces

Each serving has: 6 grams nutritive carbohydrate • less than 1 gram fiber • 43 grams total protein • 43 grams from animal source • 0 grams from plant source

2 TB. flour

Salt and pepper to taste

3 to 4 lb. rump or chuck roast

¼ cup butter or bacon fat

1 cup beef broth or water

1 small onion, minced

1 clove garlic, minced

1 small carrot, minced

1 stalk celery, minced

1 cup chopped tomatoes

½ tsp. dried oregano

½ tsp. dried rosemary

2 whole cloves

1 cup red wine

Combine flour, salt, and pepper, sprinkle on waxed paper or platter, and roll meat in seasoned flour mixture.

Heat butter in a Dutch oven or heavy saucepan with a tight-fitting lid.

Brown meat well on all sides over medium heat for about 15 to 20 minutes. Add beef broth, onion, garlic, carrot, celery, tomatoes, oregano, rosemary, cloves, and wine. Simmer over low heat 1½ to 2½ hours or until meat is tender.

Remove meat to a serving platter. Prepare this recipe 1 day ahead of time or freeze.

Variation: You can make this in a slow cooker by putting all ingredients except flour and butter directly into the slow cooker and cooking on high for 6 to 7 hours.

