

merlot-braised beef roast and vegetables

Serves 8

- 1 (2-pound) beef bottom round roast, trimmed

1 teaspoon salt

¼ teaspoon black pepper

2 teaspoons olive oil

1½ cups reduced-sodium beef broth

1 cup merlot or other dry red wine

4 garlic cloves, minced
- 4 medium parsnips, peeled and cut into 1-inch pieces

3 carrots, cut into 1-inch pieces

3 medium red potatoes, scrubbed and each cut into 6 wedges

2 onions, each cut into 6 wedges

2 canned anchovy fillets, minced

2 teaspoons minced fresh rosemary

- 1

Preheat oven to 350°F.
- 2

Sprinkle beef with salt and pepper. Heat oil in Dutch oven over medium-high heat. Add beef and cook, turning occasionally, until browned on all sides, about 8 minutes. Add broth and wine, stirring to scrape any browned bits from bottom of Dutch oven. Add garlic and bring to boil. Cover, transfer pot to oven, and bake 1 hour, turning halfway through.
- 3

Remove pot from oven and stir in parsnips, carrots, potatoes, onions, anchovies, and rosemary. Cover and bake until beef and vegetables are fork-tender, about 2 hours. Transfer beef to cutting board and let cool 10 minutes. Cut into 16 slices and serve with vegetables and broth.

PER SERVING (2 slices beef with about ½ cup vegetables and broth): 322 Cal, 6 g Total Fat, 2 g Sat Fat, 0 g Trans Fat, 82 mg Chol, 484 mg Sod, 29 g Carb, 5 g Fib, 36 g Prot, 56 mg Calc.

PointsPlus value: 8.

cook's note

You can use any sturdy root vegetables in this recipe. Try rutabagas, turnips, or celery root to replace the parsnips or carrots.



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Roast and Vegetables