

Yankee Beef Pot Roast

Looking for a classic American recipe? Our cozy Yankee Pot Roast is sure to please in any weather.

INGREDIENTS

1 boneless beef chuck pot roast (arm, shoulder or blade), about 2-1/2 pounds

1/3 cup all-purpose flour

3/4 teaspoon salt

3/4 teaspoon black pepper

1 tablespoon vegetable oil

1 can (14 to 14-1/2 ounces) beef broth

1/2 cup dry red wine

1-1/2 teaspoons dried thyme leaves

2 packages (16 ounces each) frozen vegetable stew mixture (such as potatoes, carrots, celery and onion)



3.50
Hours



6
Servings



42 Cal



39g
Protein

COOKING

- Combine flour, salt and pepper. Lightly coat beef in 2 tablespoons of the flour mixture. Heat oil in large stockpot over medium heat until hot. Place beef pot roast in stockpot; brown evenly. Pour off drippings.
- Combine beef broth, red wine, thyme and remaining flour mixture; add to stockpot and bring to a boil. Reduce heat; cover tightly and simmer 2 hours. Add vegetables to stockpot; continue simmering 30 to 45 minutes or until pot roast and vegetables are fork-tender.
- Remove pot roast and vegetables; keep warm. Skim fat from cooking liquid, if necessary.
- Carve pot roast into thin slices. Serve with vegetables and gravy.

NUTRITION

| Serv Size | Calories | Total Fat | Cholest | Sodium | Total Carb | Protein | GLUTEN FREE | ALL NATURAL |
|-----------|----------|-----------|---------|--------|------------|---------|-------------|-------------|
| 6 | | 10g | 71mg | | 25g | 39g | 1 | 0 |

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com