

Braised Beef Pot Roast With Leek-Mustard Au Jus

With only six ingredients, you can create a fork-tender pot roast and a side of au jus packed with flavor.

INGREDIENTS

- 1 beef Cross Rib Roast, Chuck Arm Roast or Chuck Shoulder Roast (about 2-1/2 to 3 pounds)
- 1 teaspoon pepper
- 1 tablespoon vegetable oil
- 1 can (14 to 14-1/2 ounces) reduced-sodium beef broth
- 3 cups chopped leeks, divided
- 2 tablespoon country Dijon-style mustard



3.25 Hours 8 Servings 42 Cal 22g Protein

COOKING

1. Press pepper evenly onto all surfaces of beef Cross Rib Roast. Heat oil in stockpot over medium heat until hot. Place pot roast in stockpot; brown evenly. Pour off drippings.
2. Add broth and 2 cups of leeks to stockpot; bring to boil. Reduce heat; cover tightly and simmer 2 to 3 hours or until roast is fork-tender.
3. Remove roast; keep warm. Skim fat from cooking liquid. Bring liquid to a boil and reduce for 5 minutes. Combine cooking liquid and remaining 1 cup leeks in stockpot. Reduce and simmer, uncovered, 6 to 8 minutes or until leeks are tender. Stir in mustard; remove from heat. Carve roast into slices. Serve with au jus.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		7g	58mg		6g	22g	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