

Mediterranean Beef Pot Roast

Pot roast made more modern. Instead of root vegetables and starches, this Cross Rib Roast simmers in an unexpected yet delicious blend of balsamic vinegar, onions, shallots and dates.

INGREDIENTS

1 beef Cross Rib Roast, Chuck Arm Roast or Chuck Shoulder Roast (2-1/2 to 3 pounds)

1/4 cup all-purpose flour

2 tablespoons olive oil

1-1/2 cups water

1/4 cup balsamic vinegar

2 small onions, halved, sliced

4 medium shallots, sliced

1/4 cup chopped dates

1/2 teaspoon salt

1/4 to 1/2 teaspoon black pepper



4.00
Hours



6
Servings



42 Cal



46g
Protein

COOKING

1. Preheat oven to 325°F. Lightly coat beef Cross Rib Roast with flour. Heat oil in Dutch oven over medium heat until hot. Brown roast evenly; remove.

2. Add 1-1/2 cups water and vinegar to Dutch oven; cook and stir until brown bits attached to pan are dissolved. Return roast. Add onions, shallots, dates, salt and pepper; bring to a boil. Cover tightly and cook in 325°F oven 2-1/4 to 3-1/4 hours or until roast is fork-tender. Remove roast; keep warm.

3. Cook liquid and vegetables over medium-high heat to desired consistency. Carve roast. Serve with sauce.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
6		16g	139mg		14g	46g	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