

Simple Savory Beef Pot Roast

A delicious take on the family dinner classic. Cook a Blade Chuck Roast low and slow, then finish with a frozen veggie blend to save time without sacrificing flavor.

INGREDIENTS

1 beef Blade Chuck Roast Boneless (2-1/2 pounds)

1/2 teaspoon salt

1/2 teaspoon black pepper

1 can (14-1/2 ounces) reduced sodium beef broth

1 cup Burgundy or dry red wine

2 tablespoons minced garlic

3 cups frozen vegetable blend (any variety)

1 tablespoon chopped fresh thyme

salt

Prepared mashed potatoes (optional)

Additional fresh thyme (optional)



3.00
Hours



8
Servings



42 Cal



34g
Protein

COOKING

1. Spray stockpot with cooking spray; heat over medium heat until hot. Place beef pot roast in stockpot; brown evenly. Pour off drippings; season with salt and pepper.

2. Add broth, wine and garlic to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 2-1/4 to 2-1/2 hours or until pot roast is fork-tender.

3. Remove pot roast; keep warm. Skim fat from cooking liquid; bring to a boil. Reduce heat to medium; cook 5 minutes. Add frozen vegetables to stockpot; bring to a boil. Reduce heat to medium; cook, uncovered, 5 to 7 minutes or until vegetables are tender and liquid is reduced slightly. Stir in 1 tablespoon thyme. Season with salt, as desired.

4. Carve pot roast into thin slices; serve with vegetable mixture and mashed potatoes, if desired. Garnish with remaining cooking liquid and additional thyme, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		14g	114mg		5g	34g	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