

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	8	42 Cal	34g
Hours	Servings		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