

Southwest Beef Pot Roast

The smell of a roast simmering in salsa will have your mouth watering for this flavorful meal. Bring on dinner!

INGREDIENTS

- 1 beef Bottom Round Roast (3 to 4 pounds)
- 2 teaspoons vegetable oil
- 2 teaspoons ground cumin
- 1 jar (16 ounces) prepared thick-and-chunky salsa
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 can (15 ounces) black beans, rinsed, drained
- 1-1/2 cups frozen corn



3.75 Hours 10 Servings 42 Cal 32g Protein

COOKING

1. Heat oil in stockpot over medium heat until hot. Press cumin evenly onto all surfaces of beef roast. Place roast in stockpot; brown evenly. Pour off drippings.
2. Season roast with salt and pepper; add salsa. Bring to a boil. Reduce heat; cover tightly and simmer 2-1/2 to 3-1/2 hours or until roast is fork-tender.
3. Remove roast; keep warm. Skim fat from cooking liquid. Stir in beans and corn, if desired; bring to a boil. Reduce heat and simmer, uncovered, 8 to 10 minutes or until liquid is slightly thickened.
4. Carve roast into thin slices. Serve with bean mixture.

NUTRITION

| Serv Size | Calories | Total Fat | Cholest | Sodium | Total Carb | Protein | | |
|-----------|----------|-----------|---------|--------|------------|---------|---|---|
| 10 | | 9g | 80mg | | 15g | 32g | 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