

Yankee Beef Pot Roast

Looking for a classic American recipe? Our cozy Yankee Pot Roast is sure to please in any weather.

INGREDIENTS

- 1 boneless beef chuck pot roast (arm, shoulder or blade), about
- 2-1/2 pounds
- 1 boneless beef chuck pot roast (arm, shoulder or blade), about
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 \oplus 3.50 Hours Servings



42 Cal



Protein

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COOKING

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- 139. Combine beef broth, red wine, thyme and remaining flour mixture; add to stockpot and bring to a boil. Reduce heat; cover tightly and simmer 2 hours. Add vegetables to stockpot; continue simmering 30 to 45 minutes or until pot roast and vegetables are fork-tender.
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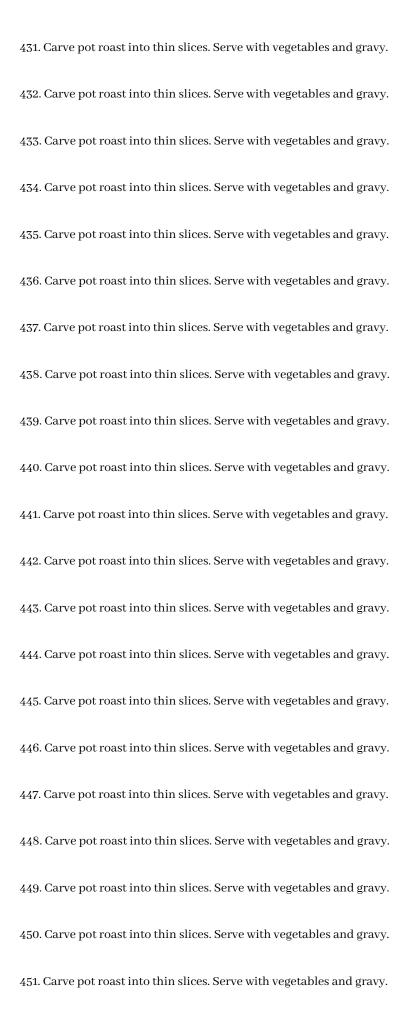
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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN	ALL
6		10g	71mg		25g	39g	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.

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