

# 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 Cross Rib Roast or Chuck Arm Roast, about 2-1/2 pounds
- 1/3 cup all-purpose flour
- 3/4 teaspoon salt
- 3/4 teaspoon black pepper
- 1 tablespoon vegetable oil
- 1 can (14 to 14-1/2 ounces) beef broth
- 1/2 cup dry red wine
- 1-1/2 teaspoons dried thyme leaves
- 2 packages (16 ounces each) frozen vegetable stew mixture (such as potatoes, carrots, celery and onion)



3.50 Hours      6 Servings      42 Cal      39g Protein

## COOKING

1. Combine flour, salt and pepper. Lightly coat beef in 2 tablespoons of the flour mixture. Heat oil in large stockpot over medium heat until hot. Place beef Chuck Cross Rib Roast in stockpot; brown evenly. Pour off drippings.
2. 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.
3. Remove pot roast and vegetables; keep warm. Skim fat from cooking liquid, if necessary.
4. Carve pot roast into thin slices. Serve with vegetables and gravy.

## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
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.

Courtesy of BeefItsWhatsForDinner.com