



# 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

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3.50  
Hours



6  
Servings



42 Cal



39g  
Protein

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]



[illegible]

[illegible]

[illegible]

[illegible]

3/4 teaspoon black pepper

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1 tablespoon vegetable oil







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1/2 cup dry red wine  
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[illegible]

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[illegible]

[illegible]

2 packages (16 ounces each) frozen vegetable stew mixture  
(such as potatoes, carrots, celery and onion)

[illegible]

[illegible]

[illegible]



[illegible]

[illegible]

## COOKING

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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.

