Yankee Beef Pot Roast

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



3.50 Hours	6 Servings	42 Cal	39g Protein

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)

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

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