

Autumn Pot Roast With Root Vegetables

A surprisingly simple but utterly satisfying comfort food feast of beef roast, potatoes, carrots and parsnips, braised until fork-tender and served with a silky sauce.

INGREDIENTS

- 1 beef Shoulder Roast, Arm Chuck Roast Boneless or Blade Chuck Roast Boneless (3 to 3-1/2 pounds)
- 1 tablespoon vegetable oil
- 8 small red-skinned potatoes, halved
- 2 large carrots, cut into 2-1/2 x 1/2-inch pieces
- 2 large parsnips, cut into 2-1/2 x 1/2-inch pieces
- 1 small leek, cut into 1-1/2 inch pieces
- 1-1/2 tablespoons cornstarch dissolved in 3 tablespoons water
- 1 teaspoon dried oregano
- 1 clove garlic, minced
- 1/2 teaspoon each salt and lemon pepper



3.50
Hours



8
Servings



42 Cal



32g
Protein

COOKING

- Combine seasoning ingredients; press onto beef pot roast. Heat oil in stock pot over medium heat until hot. Brown pot roast. Pour off drippings.
- Add 3/4 cup water; bring to a boil. Reduce heat; cover tightly and simmer 2 hours. Add vegetables; continue cooking, covered, 30 to 45 minutes or until pot roast and vegetables are fork-tender. Remove pot roast and vegetables; keep warm.
- Skim fat from cooking liquid. Measure and return 2 cups cooking liquid to stock pot. Stir in cornstarch mixture; cook and stir 1 minute or until thickened and bubbly. Carve pot roast. Serve with vegetables and sauce.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
8		21g	91mg		39g	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.

