

Irish-Inspired Beef Pot Roast And Vegetables

A Bottom Round Roast (or Round Rump) makes this meal affordable, the packaged gravy mix makes it easy to prep, and all those hours in a slow cooker make it fall-apart tender.



INGREDIENTS

- 1 beef Bottom Round Roast (3 to 3-1/4 pounds)
- 2 packages (24 ounces each) fresh pot roast vegetables (potatoes, onions, carrots, celery)
- 2 packages (.75 to .88 ounces each) mushroom or brown gravy mix
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup beer
- Chopped fresh parsley (optional)

7.00	8	42 Cal	41g
Hours	Servings		Protein

COOKING

1. Prepare pot roast vegetables: cut potatoes in half (or into quarters if large), onions into 1/2-inch wedges, and carrots and celery into 2-inch pieces; set aside.
2. Combine gravy mixes, flour, salt and pepper in large bowl. Add vegetables to bowl; toss to coat well. Remove vegetables from flour mixture; set aside. Place vegetables in 5 to 6-quart slow cooker. Add beef Bottom Round Roast to bowl, turning to coat evenly with flour mixture. Remove roast and place in slow cooker in center of vegetables.
3. Whisk beer into remaining flour mixture until smooth; add to slow cooker. Cover and cook on HIGH 6 to 7 hours or LOW 9 to 10 hours or until beef and vegetables are fork-tender. (No stirring is necessary during cooking.)
4. Remove roast and vegetables. Skim fat from gravy. Carve roast into thin slices. Serve with vegetables and gravy. Sprinkle with parsley, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		11.6g	110mg		24g	41g	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