

Lemon-Herb Beef Pot Roast

Homemade Pot Roast couldn't be easier. Season a Chuck 7-Bone Roast with lemon pepper, garlic and basil for a delicious, comforting meal.

INGREDIENTS

- 1 beef Shoulder Roast (2-1/2 to 3-1/2 pounds)
- 1 tablespoon olive oil
- 2 cups baby carrots
- 1 pound small red-skinned potatoes, halved
- 1 medium onion, cut into 6 wedges
- 2 tablespoons cornstarch dissolved in 2 tablespoons water
- 1/2 teaspoon dried basil
- 2 teaspoons lemon pepper
- 2 cloves garlic, minced
- 1 teaspoon dried basil



4.00
Hours



6
Servings



42 Cal



36g
Protein

COOKING

1. Combine seasoning ingredients; press onto beef pot roast. Heat oil in Dutch oven over medium heat until hot. Brown pot roast. Pour off drippings.
2. Add 1 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.
3. Skim fat from cooking liquid. Stir in cornstarch mixture and 1/2 teaspoon basil. 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 |
|-----------|----------|-----------|---------|--------|------------|---------|-------------|-------------|
| 6 | | 11g | 90mg | | 21g | 36g | 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