



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)

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3.25
Hours

6
Servings



42 Cal



36g
Protein

[illegible]

[illegible]

1 tablespoon olive oil

1 tablespoon olive oil

1 tablespoon olive oil

1 tablespoon olive oil

1 tablespoon olive oil

2 cups baby carrots

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2 cups baby carrots

2 cups baby carrots

2 cups baby carrots

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1 pound small red-skinned potatoes, halved

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[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

1 medium onion, cut into 6 wedges

2 tablespoons cornstarch dissolved in 2 tablespoons water

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

2 teaspoons lemon pepper

2 teaspoons minced garlic

[illegible]

[illegible]

1 teaspoon dried basil

[illegible]

[illegible]

[illegible]

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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.

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147. 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.

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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
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