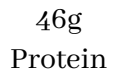
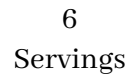




Pot Roast made more modern. Instead of root vegetables and starches, this Shoulder Roast simmers in an unexpected yet delicious blend of balsamic vinegar, onions, shallots and dates.

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1 beef Shoulder Roast Boneless (2-1/2 to 3 pounds)

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1/4 cup all-purpose flour

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[illegible]

[illegible]

2 tablespoons olive oil



[illegible]

1-1/2 cups water

1-1/2 cups water



1/4 cup balsamic vinegar

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2 small onions, halved, sliced

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[illegible]



[illegible]

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[illegible]

1/4 cup chopped dates

1/4 cup chopped dates

1/4 cup chopped dates

1/2 teaspoon salt

1/2 teaspoon salt



1/2 teaspoon salt

1/2 teaspoon salt

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## COOKING

1. Heat oven to 325°F. Lightly coat beef pot roast with flour. Heat oil in Dutch oven over medium heat until hot. Brown pot roast; remove.

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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		16g	139mg		14g	46g	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