

# Pot Roast With Cider-Maple Gravy And Mashed Butternut Squash

If you could bottle the flavors of fall, this recipe would do it! Apple cider, maple syrup and butternut squash make the perfect partners to this tender Pot Roast.

## INGREDIENTS

- 1 beef Bottom Round Roast (3 to 4 pounds)
- 4 teaspoons olive oil, divided
- 1 cup beef broth
- 3/4 cup apple cider
- 2 medium butternut squash, cut lengthwise in half, seeded
- 3 tablespoons cornstarch dissolved in 3 tablespoons water
- 2 tablespoons maple syrup

## COOKING

- Press 3/4 teaspoon pepper evenly onto all surfaces of beef roast. Heat 2 teaspoons oil in stockpot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.
- Season roast with 1 teaspoon salt. Add broth and cider; bring to a boil. Reduce heat; cover tightly and simmer 2-1/2 to 3-1/2 hours or until roast is fork-tender.
- Meanwhile heat oven to 375°F. Brush cut sides of squash halves with remaining 2 teaspoons oil. Place squash, cut sides down, on metal baking sheet. Bake in 375°F oven 45 to 55 minutes or until fork-tender. Cool slightly. Scoop squash flesh into large bowl; discard shells or use for serving, if desired. Mash squash with back of spoon or fork until almost smooth. Season with salt and pepper, as desired; keep warm.
- Remove roast; keep warm. Skim fat from cooking liquid. Stir in cornstarch mixture and maple syrup; bring to a boil, stirring constantly. Cook and stir 2 to 3 minutes or until slightly thickened.
- Carve roast into thin slices. Serve with gravy and squash.



3.75  
Hours



10  
Servings



42 Cal



30g  
Protein

## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
10		9g	88mg		20g	30g	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