



# Southwest Beef Pot Roast

The smell of a roast simmering in salsa will have your mouth watering for this flavorful meal. Bring on dinner!

## INGREDIENTS

1 beef Bottom Round Roast (3 to 4 pounds)

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3.75  
Hours



10  
Servings



42 Cal



32g  
Protein

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

2 teaspoons ground cumin

1 jar (16 ounces) prepared thick-and-chunky salsa

[illegible]

[illegible]



1/2 teaspoon salt

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1 can (15 ounces) black beans, rinsed, drained

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1-1/2 cups frozen corn

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COOKING

1. Heat oil in stockpot over medium heat until hot. Press cumin evenly onto all surfaces of beef roast. Place roast in stockpot; brown evenly. Pour off drippings.
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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
10		9g	80mg		15g	32g	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