

A surprisingly simple but utterly satisfying comfort food feast of beef roast, potatoes, carrots and parsnips, braised until fork-tender and served with a silky sauce.

[illegible]

Hours



Servings



Protein

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

1 tablespoon vegetable oil

8 small red-skinned potatoes, halved

[illegible]

[illegible]

8 small red-skinned potatoes, halved

2 large carrots, cut into 2-1/2 x 1/2-inch pieces

[illegible]

[illegible]

[illegible]

2 large parsnips, cut into 2-1/2 x 1/2-inch pieces

2 large parsnips, cut into 2-1/2 x 1/2-inch pieces

2 large parsnips, cut into 2-1/2 x 1/2-inch pieces

1 small leek, cut into 1-1/2 inch pieces

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1-1/2 tablespoons cornstarch dissolved in 3 tablespoons water
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1 clove garlic, minced

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1 clove garlic, minced

1/2 teaspoon each salt and lemon pepper

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143. Add 3/4 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		
8		21g	91mg		39g	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