

Autumn Pot Roast With Root Vegetables

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

INGREDIENTS

1 beef Shoulder Roast, Arm Chuck Roast Boneless or Blade

Chuck Roast Boneless (3 to 3-1/2 pounds)

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3.50 Hours

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42 Cal 32g Protein

Chuck Roast Boneless (3 to 3-1/2 pounds)

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

1 small leek, cut into 1-1/2 inch pieces 1-1/2 tablespoons cornstarch dissolved in 3 tablespoons water 1-1/2 tablespoons cornstarch dissolved in 3 tablespoons water

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

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- 1 clove garlic, minced
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- ${\tt 1}$ clove garlic, minced
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COOKING

- 1. Combine seasoning ingredients; press onto beef pot roast. Heat oil in stock pot over medium heat until hot. Brown pot roast. Pour off drippings.
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- $5.\ Combine\ seasoning\ ingredients; press\ onto\ beef\ pot\ roast.\ Heat\ oil\ in\ stock\ pot\ over\ medium\ heat\ until\ hot.$

Brown pot roast. Pour off drippings.

- 6. Combine seasoning ingredients; press onto beef pot roast. Heat oil in stock pot over medium heat until hot. Brown pot roast. Pour off drippings.
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- 142. Combine seasoning ingredients; press onto beef pot roast. Heat oil in stock pot over medium heat until hot. Brown pot roast. Pour off drippings.
- 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	GLUTEN	ALL
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