



Beef Pot Roast

 Dairy Free

READY IN



555 min.

SERVINGS



8

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce baby carrots frozen
- ☐ 4 pounds beef chuck dry rinsed
- ☐ 2 tablespoons canola oil
- ☐ 10.8 ounce campbell's® condensed cream of celery soup canned
- ☐ 1 cup beef broth low-sodium
- ☐ 8 ounce mushrooms sliced
- ☐ 0.5 pound new potatoes halved
- ☐ 1 packet onion soup mix

- ☐ 12 ounce onions frozen
- ☐ 8 servings salt and pepper
- ☐ 0.3 cup steak sauce

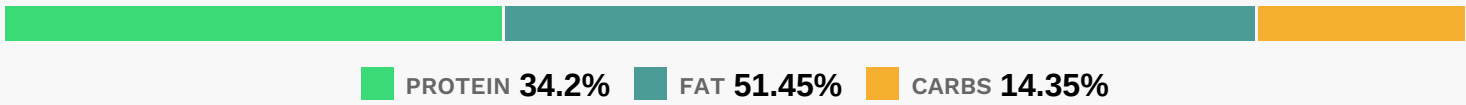
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Into a slow cooker, put the onions, carrots, mushrooms, and potatoes.
- ☐ Season the roast with salt and pepper. In a large skillet over medium-high heat, brown the meat on all sides in oil. When it is browned, put it in the slow cooker on top of the vegetables.
- ☐ In a small bowl, stir together the cream of celery soup, onion soup mix, beef broth, and steak sauce.
- ☐ Pour over top of roast. Cover and cook on high setting for 3 to 4 hours or low for 8 to 9 hours.

Nutrition Facts



Properties

Glycemic Index:17.84, Glycemic Load:4.71, Inflammation Score:-10, Nutrition Score:33.829130447429%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.83mg, Quercetin: 8.83mg, Quercetin: 8.83mg, Quercetin: 8.83mg

Nutrients (% of daily need)

Calories: 545.13kcal (27.26%), Fat: 31.47g (48.42%), Saturated Fat: 12.17g (76.06%), Carbohydrates: 19.74g (6.58%), Net Carbohydrates: 16.62g (6.04%), Sugar: 5.41g (6.01%), Cholesterol: 160.68mg (53.56%), Sodium: 1179.23mg (51.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.07g (94.13%), Zinc: 17.53mg (116.88%), Vitamin B12: 6.22µg (103.64%), Vitamin A: 4070.23IU (81.4%), Selenium: 50.9µg (72.72%), Vitamin B3: 11.58mg (57.89%), Vitamin

B6: 1.1mg (55.16%), Phosphorus: 513.87mg (51.39%), Potassium: 1248.17mg (35.66%), Iron: 5.78mg (32.1%), Vitamin B2: 0.51mg (29.77%), Vitamin B5: 2.46mg (24.6%), Copper: 0.38mg (18.94%), Vitamin B1: 0.25mg (16.57%), Magnesium: 65.41mg (16.35%), Vitamin K: 16.06µg (15.29%), Manganese: 0.3mg (14.99%), Vitamin C: 10.81mg (13.11%), Fiber: 3.12g (12.49%), Vitamin E: 1.68mg (11.19%), Folate: 33.25µg (8.31%), Calcium: 82.52mg (8.25%), Vitamin D: 0.28µg (1.89%)