



Company Pot Roast

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beef broth
- ☐ 1 tablespoon canola oil
- ☐ 16 ounce carrots cut into 2-inch pieces
- ☐ 2 pound beef chuck boneless trimmed cut in half
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 2 garlic clove minced
- ☐ 0.3 cup soy sauce
- ☐ 0.4 ounce morel mushrooms dried

- ☐ 0.8 pound onion quartered
- ☐ 1 tablespoon pepper black
- ☐ 2 pounds potatoes – remove skin red halved
- ☐ 3 tablespoons sun-dried tomato paste
- ☐ 3 tablespoons water

Equipment

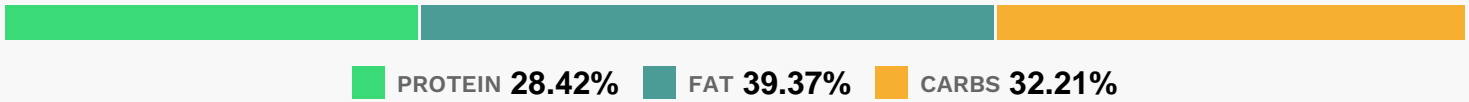
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ ziploc bags
- ☐ slow cooker
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Combine roast, soy sauce, and garlic in a large zip-top plastic bag; seal bag, and marinate in refrigerator at least 8 hours, turning bag occasionally.
- ☐ Bring broth to a boil in a small saucepan; add mushrooms.
- ☐ Remove from heat; cover and let stand 20 minutes.
- ☐ Drain mushrooms through a cheesecloth—lines colander over a bowl, reserving broth mixture.
- ☐ Remove roast from bag, reserving marinade.
- ☐ Sprinkle roast with pepper, gently pressing pepper into roast.
- ☐ Combine reserved marinade, mushroom broth mixture, and tomato paste; stir well, and set aside.
- ☐ Place mushrooms, onion, carrot and potato in a 6-quart electric slow cooker; toss gently.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add roast, browning well on all sides.

- ☐ Place roast over vegetables in slow cooker.
- ☐ Pour tomato paste mixture into pan, scraping to loosen browned bits.
- ☐ Pour tomato paste mixture over roast and vegetables. Cover with lid; cook on high-heat setting 1 hour. Reduce to low-heat setting, and cook 8 hours or until roast is tender.
- ☐ Place roast and vegetables on a serving platter; keep warm. Reserve liquid in slow cooker; increase to high-heat setting.
- ☐ Place flour in a small bowl. Gradually add water, stirring with a whisk until well blended.
- ☐ Add flour mixture to liquid in slow cooker. Cook, uncovered, 15 minutes or until slightly thick, stirring frequently.
- ☐ Serve gravy with roast and vegetables.

Nutrition Facts



Properties

Glycemic Index:30.35, Glycemic Load:3.63, Inflammation Score:-10, Nutrition Score:25.913043400516%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.5mg, Quercetin: 9.5mg, Quercetin: 9.5mg, Quercetin: 9.5mg

Nutrients (% of daily need)

Calories: 368.2kcal (18.41%), Fat: 16.17g (24.87%), Saturated Fat: 5.97g (37.32%), Carbohydrates: 29.76g (9.92%), Net Carbohydrates: 25.18g (9.16%), Sugar: 6.02g (6.69%), Cholesterol: 78.24mg (26.08%), Sodium: 658.44mg (28.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.26g (52.52%), Vitamin A: 9685.47IU (193.71%), Zinc: 9.23mg (61.51%), Vitamin B12: 3.12µg (51.95%), Vitamin B6: 0.79mg (39.3%), Vitamin B3: 7.26mg (36.31%), Selenium: 25.09µg (35.85%), Potassium: 1199.79mg (34.28%), Phosphorus: 339.06mg (33.91%), Iron: 4.24mg (23.56%), Manganese: 0.47mg (23.45%), Vitamin C: 16.48mg (19.97%), Fiber: 4.57g (18.29%), Vitamin B2: 0.28mg (16.53%), Magnesium: 65.72mg (16.43%), Vitamin B1: 0.24mg (16.11%), Copper: 0.29mg (14.5%), Vitamin K: 15.14µg (14.42%), Vitamin B5: 1.28mg (12.78%), Folate: 49.61µg (12.4%), Calcium: 68.89mg (6.89%), Vitamin E: 0.96mg (6.38%), Vitamin D: 0.18µg (1.18%)