



WHATSheATE



HEALTH SCORE

63%

Cowboy Pot Roast



Gluten Free



Dairy Free



Very Healthy

READY IN



405 min.

SERVINGS



6

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans drained canned
- ☐ 32 ounce pinto beans drained canned
- ☐ 10 ounce canned tomatoes diced green undrained canned
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 1 tablespoon chili powder
- ☐ 2.5 pound roast chickens trimmed
- ☐ 1 onion cut into 8 wedges
- ☐ 1.5 teaspoons pepper divided

- ☐ 1.5 teaspoons salt divided
- ☐ 2 tablespoons vegetable oil

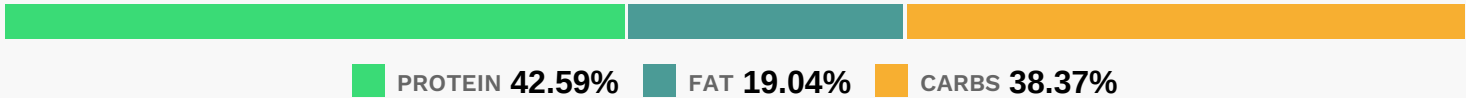
Equipment

- ☐ bowl
- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Combine 1 teaspoon salt, 1 teaspoon pepper, and next 4 ingredients in a medium bowl.
- ☐ Sprinkle roast evenly with remaining 1/2 teaspoon salt and 1/2 teaspoon pepper. Brown roast on all sides in hot oil in a large Dutch oven over medium-high heat.
- ☐ Transfer roast to a 5 1/2-quart slow cooker.
- ☐ Pour tomato mixture over roast. Cover and cook on HIGH 5 to 6 hours or until meat shreds easily with a fork.
- ☐ Remove roast from slow cooker, and cut into large chunks; keep warm.
- ☐ Skim fat from juices in slow cooker. Mash 1 1/2 cans (about 2 3/4 cups) pinto beans; add to slow cooker, and stir until combined. Stir in black beans and remaining 1/2 can pinto beans.
- ☐ Add roast pieces back to slow cooker; cover and cook on HIGH an additional 20 to 25 minutes. Top each serving with jalapeo pepper slices, if desired.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:10.01, Inflammation Score:-8, Nutrition Score:39.584782724795%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 463.16kcal (23.16%), Fat: 10.1g (15.54%), Saturated Fat: 2.58g (16.13%), Carbohydrates: 45.82g (15.27%), Net Carbohydrates: 30.88g (11.23%), Sugar: 7.51g (8.35%), Cholesterol: 0mg (0%), Sodium: 1515.51mg (65.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.87g (101.74%), Vitamin B6: 2.06mg (103.18%), Vitamin B3: 14.97mg (74.86%), Phosphorus: 669.14mg (66.91%), Zinc: 9.5mg (63.33%), Fiber: 14.95g (59.79%), Vitamin B12: 3.35µg (55.75%), Iron: 9.69mg (53.82%), Manganese: 0.99mg (49.51%), Potassium: 1727.92mg (49.37%), Selenium: 31.87µg (45.52%), Copper: 0.89mg (44.63%), Vitamin B2: 0.7mg (41.07%), Vitamin B1: 0.58mg (38.5%), Magnesium: 147.9mg (36.98%), Folate: 98.51µg (24.63%), Vitamin E: 3.2mg (21.31%), Vitamin K: 19.95µg (19%), Vitamin B5: 1.89mg (18.9%), Vitamin C: 14.99mg (18.17%), Calcium: 153.98mg (15.4%), Vitamin A: 650.16IU (13%)