



# Cumin-Crusted Pot Roast with Sweet Potatoes and Parsnips

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 cups pieces bell pepper green ()
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 3 pounds chuck roast boneless trimmed
- ☐ 1 tablespoon cumin seeds
- ☐ 0.3 cup parsley fresh chopped

- ☐ 4 garlic cloves thinly sliced
- ☐ 0.5 teaspoon garlic powder
- ☐ 14 ounce less-sodium beef broth fat-free canned
- ☐ 1.5 tablespoons onion instant minced
- ☐ 4 small onions cut into 8 wedges
- ☐ 1 teaspoon oregano dried
- ☐ 2 cups parsnips peeled chopped
- ☐ 1.3 teaspoons salt divided
- ☐ 3 cups sweet potatoes cubed peeled ()

## Equipment

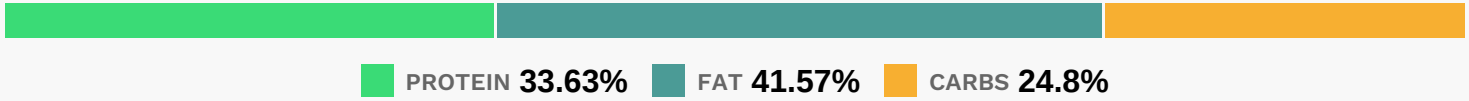
- ☐ frying pan
- ☐ oven
- ☐ dutch oven

## Directions

- ☐ Preheat oven to 35
- ☐ Combine first 5 ingredients in a spice or coffee grinder; process until finely ground. Stir in 1/2 teaspoon salt. Lightly coat roast with cooking spray; rub spice mixture over roast.
- ☐ Heat a Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add roast to pan, and cook for 6 minutes, turning to brown on all sides.
- ☐ Remove roast from pan.
- ☐ Add onions to pan; saut 3 minutes or until lightly browned.
- ☐ Add garlic, and saut for 1 minute.
- ☐ Add balsamic vinegar, beef broth, and diced tomatoes; bring to a boil. Return roast to pan; cover.
- ☐ Bake at 350 for 2 hours, turning roast after 1 hour.
- ☐ Add potatoes, parsnips, and bell pepper to pan; cover and bake an additional 1 hour or until vegetables are tender.

- ☐
- Remove roast from pan, and let stand for 15 minutes. Shred meat with 2 forks. Stir remaining 3/4 teaspoon salt and parsley into vegetable mixture.
- ☐
- Serve roast with vegetable mixture and cooking liquid.

## Nutrition Facts



### Properties

Glycemic Index:46.38, Glycemic Load:9.68, Inflammation Score:-10, Nutrition Score:35.89217409362%

### Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg

### Nutrients (% of daily need)

Calories: 426.81kcal (21.34%), Fat: 20.11g (30.93%), Saturated Fat: 8.68g (54.26%), Carbohydrates: 26.99g (9%), Net Carbohydrates: 21.28g (7.74%), Sugar: 9.07g (10.07%), Cholesterol: 117.37mg (39.12%), Sodium: 697.3mg (30.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.59g (73.19%), Vitamin A: 7572.11IU (151.44%), Zinc: 13.49mg (89.9%), Vitamin B12: 4.64µg (77.39%), Vitamin C: 48.11mg (58.32%), Vitamin K: 59.38µg (56.56%), Selenium: 36.75µg (52.5%), Vitamin B6: 1.02mg (51.03%), Vitamin B3: 8.81mg (44.04%), Phosphorus: 412.71mg (41.27%), Potassium: 1271.17mg (36.32%), Iron: 5.74mg (31.86%), Manganese: 0.61mg (30.47%), Fiber: 5.71g (22.84%), Vitamin B2: 0.35mg (20.54%), Magnesium: 78.01mg (19.5%), Vitamin B5: 1.89mg (18.92%), Copper: 0.37mg (18.61%), Vitamin B1: 0.27mg (17.94%), Folate: 54.9µg (13.72%), Vitamin E: 1.83mg (12.19%), Calcium: 104.67mg (10.47%), Vitamin D: 0.17µg (1.13%)