



Pot Roast and Vegetables

 Dairy Free

READY IN



210 min.

SERVINGS



8

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 carrots cut into 1-1/2-inch chunks
- ☐ 4 cups brown rice hot cooked
- ☐ 2.5 lb extra-lean beef pot roast boneless trimmed
- ☐ 2 Tbsp flour
- ☐ 2 tsp oil
- ☐ 1 onion sliced
- ☐ 8 servings bell pepper
- ☐ 2 cups potato pieces

- ☐ 0.8 cup strong maxwell house coffee brewed
- ☐ 1 large tomatoes chopped
- ☐ 1.5 cups water divided

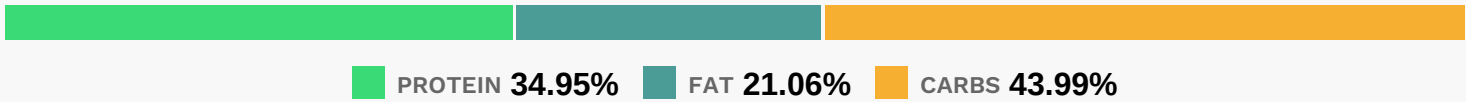
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Brown meat on all sides in hot oil in nonstick Dutch oven or large deep skillet.
- ☐ Pour 1 cup water and coffee over meat. Season with pepper. Bring to boil; cover. Simmer on low heat 1 hour.
- ☐ Add carrots, potatoes, tomatoes and onions; simmer, covered, 45 min. or until meat is done (160F) and vegetables are tender.
- ☐ Place meat and vegetables on platter, reserving liquid in pan. Cover meat and vegetables to keep warm.
- ☐ Mix remaining water and flour until well blended. Gradually add to hot liquid in pan; cook 3 to 5 min. or until mixture boils and thickens, stirring constantly. Simmer 3 min., stirring constantly.
- ☐ Cut meat across grain into thin slices.
- ☐ Serve with vegetables, gravy and rice.

Nutrition Facts



Properties

Glycemic Index:44.35, Glycemic Load:21.7, Inflammation Score:-10, Nutrition Score:35.386086938174%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.15mg,
Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg,

Luteolin: 0.51mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg
Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.06mg,
Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin:
3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 408.53kcal (20.43%), Fat: 9.48g (14.59%), Saturated Fat: 3.52g (22%), Carbohydrates: 44.57g (14.86%),
Net Carbohydrates: 38.26g (13.91%), Sugar: 6.89g (7.66%), Cholesterol: 87.88mg (29.29%), Sodium: 136.61mg
(5.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.89mg (2.96%), Protein: 35.41g (70.81%), Vitamin A:
10166.42IU (203.33%), Vitamin C: 112.54mg (136.41%), Manganese: 1.37mg (68.73%), Vitamin B6: 1.17mg (58.57%),
Zinc: 8.35mg (55.68%), Vitamin B3: 11.12mg (55.61%), Vitamin B12: 3.18µg (52.92%), Phosphorus: 433.18mg (43.32%),
Selenium: 25.65µg (36.64%), Potassium: 1178.98mg (33.69%), Iron: 4.94mg (27.43%), Magnesium: 105.99mg
(26.5%), Fiber: 6.31g (25.25%), Vitamin B2: 0.38mg (22.4%), Vitamin B1: 0.3mg (20.17%), Vitamin B5: 1.91mg (19.1%),
Folate: 72.25µg (18.06%), Copper: 0.31mg (15.36%), Vitamin E: 2.21mg (14.71%), Vitamin K: 13.79µg (13.14%), Calcium:
56.61mg (5.66%)