



HEALTH SCORE

57%

Pot Roast with Roasted Root Vegetables

READY IN



490 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds beef bottom round roast
- ☐ 0.5 teaspoon pepper black freshly ground plus more for seasoning
- ☐ 15 ounce beef broth canned
- ☐ 2 tablespoons canola oil
- ☐ 2 carrots cut into 2-inch pieces
- ☐ 2 carrots cut into 3-inch pieces
- ☐ 2 stalks celery
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 sprigs thyme leaves fresh

- ☐ 1 tablespoon garlic fresh minced
- ☐ 1 onion red sliced
- ☐ 2 russet potatoes cut into 1-inch cubes
- ☐ 2 teaspoons salt plus more for seasoning
- ☐ 1 teaspoon rosemary and thyme leaves fresh
- ☐ 0.5 pound turnips cut into wedges
- ☐ 1 cup water
- ☐ 2 tablespoons worcestershire sauce
- ☐ 1 medium onion yellow

Equipment

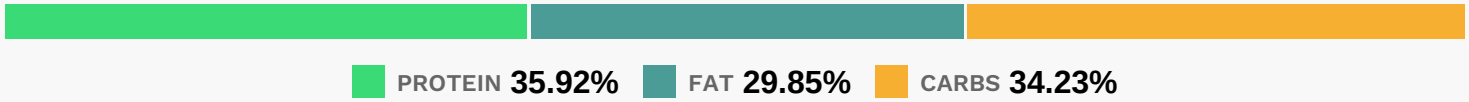
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ slow cooker

Directions

- ☐ Watch how to make this recipe.
- ☐ Season the beef with salt and pepper and lightly coat with flour.
- ☐ Heat the canola oil in a large skillet on medium-high heat and brown the meat on all sides.
- ☐ Remove to a platter and set aside. Arrange the carrots, celery and onion in bottom of slow cooker and top with the seared beef.
- ☐ Add the broth, water, garlic, Worcestershire sauce, and thyme, and set the cooker on low for 8 hours. When finished, remove the meat to a serving platter.
- ☐ Let the vegetables and broth cool for about 5 minutes, then add to a blender. Slowly blend until smooth and transfer to a serving bowl.
- ☐ Serve the gravy with the pot roast and roasted root vegetables.

- ☐
- One hour before the pot roast is done cooking, preheat the oven to 400 degrees F.
- ☐
- Add all the vegetables to a large bowl and add the canola oil, rosemary, thyme, and onion. Season with salt and pepper, to taste, and arrange on a sheet tray. Roast for 30 minutes, then toss and roast another 30 minutes. Arrange on a serving platter and serve.
- ☐
- Use the leftovers to make Roasted Root Vegetable Pasta Salad or Southwestern Beef and Black Bean Chili.

Nutrition Facts



Properties

Glycemic Index:142.35, Glycemic Load:22.6, Inflammation Score:-10, Nutrition Score:38.626086691151%

Flavonoids

Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.41mg, Quercetin: 11.41mg, Quercetin: 11.41mg, Quercetin: 11.41mg

Nutrients (% of daily need)

Calories: 489.13kcal (24.46%), Fat: 16.23g (24.97%), Saturated Fat: 3.66g (22.9%), Carbohydrates: 41.89g (13.96%), Net Carbohydrates: 35.06g (12.75%), Sugar: 9.29g (10.32%), Cholesterol: 105.46mg (35.15%), Sodium: 709.01mg (30.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.95g (87.91%), Vitamin A: 10404.07IU (208.08%), Vitamin B6: 1.76mg (88.15%), Vitamin B3: 14.82mg (74.09%), Selenium: 50.82µg (72.6%), Vitamin B12: 3.22µg (53.69%), Zinc: 7.97mg (53.15%), Phosphorus: 513.36mg (51.34%), Potassium: 1640.88mg (46.88%), Iron: 6.96mg (38.67%), Vitamin K: 39µg (37.14%), Vitamin C: 30.45mg (36.91%), Manganese: 0.7mg (34.8%), Fiber: 6.83g (27.33%), Vitamin B2: 0.46mg (27.09%), Vitamin B1: 0.38mg (25.66%), Magnesium: 101.2mg (25.3%), Folate: 91.05µg (22.76%), Copper: 0.45mg (22.28%), Vitamin E: 2.69mg (17.96%), Calcium: 171.92mg (17.19%), Vitamin B5: 1.54mg (15.41%)