



## Slow-Cooker Easy Pot Roast

 Dairy Free

READY IN



460 min.

SERVINGS



6

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 lb beef chuck boneless
- 0.5 teaspoon pepper
- 0.5 teaspoon salt
- 1.5 lb yukon gold potatoes ()
- 1.5 lb carrots peeled cut into 1 1/2-inch pieces
- 4 cloves garlic finely chopped
- 1 cup beef broth
- 2 tablespoons tomato paste

- 0.3 teaspoon thyme leaves dried
- 10.5 oz cream of mushroom soup canned
- 1.1 oz onion soup mix
- 3 tablespoons cornstarch
- 3 tablespoons water
- 1 serving parsley fresh chopped

## Equipment

- bowl
- whisk
- slotted spoon
- slow cooker

## Directions

- Spray 5- to 6-quart slow cooker with cooking spray. In slow cooker, place beef.
- Sprinkle with pepper and salt.
- Place potatoes, carrots and garlic over beef. In medium bowl, mix broth, tomato paste, thyme, mushroom soup and onion soup mix with whisk until smooth.
- Pour over beef and vegetables.
- Cover; cook on Low heat setting 7 to 8 hours or until beef is tender.
- Remove beef from slow cooker to serving platter. Using slotted spoon, transfer vegetables to serving platter with beef; cover to keep warm.
- In small bowl, mix cornstarch and water with whisk until smooth. Stir into liquid in slow cooker. Increase heat setting to High. Cover; cook 10 to 12 minutes or until slightly thickened.
- Serve gravy with beef and vegetables.
- Garnish with parsley.

## Nutrition Facts



## Properties

Glycemic Index:52.43, Glycemic Load:18.68, Inflammation Score:-10, Nutrition Score:37.798261175985%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

## Nutrients (% of daily need)

Calories: 545.63kcal (27.28%), Fat: 23.42g (36.03%), Saturated Fat: 10.25g (64.06%), Carbohydrates: 42.14g (14.05%), Net Carbohydrates: 35.66g (12.97%), Sugar: 7.18g (7.98%), Cholesterol: 132.89mg (44.3%), Sodium: 1393.5mg (60.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.13g (86.26%), Vitamin A: 19114.45IU (382.29%), Zinc: 15.49mg (103.26%), Vitamin B12: 5.27µg (87.78%), Vitamin B6: 1.31mg (65.33%), Selenium: 40.61µg (58.02%), Vitamin B3: 11.51mg (57.54%), Phosphorus: 500.83mg (50.08%), Potassium: 1658.01mg (47.37%), Vitamin C: 32.02mg (38.81%), Iron: 5.92mg (32.9%), Manganese: 0.62mg (30.89%), Vitamin K: 31.88µg (30.36%), Fiber: 6.48g (25.94%), Vitamin B2: 0.44mg (25.9%), Copper: 0.44mg (21.94%), Magnesium: 86.68mg (21.67%), Vitamin B1: 0.32mg (21.57%), Vitamin B5: 1.98mg (19.77%), Folate: 51.41µg (12.85%), Calcium: 102.94mg (10.29%), Vitamin E: 1.36mg (9.09%), Vitamin D: 0.19µg (1.26%)