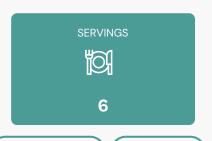


Slow-Cooker Easy Pot Roast

airy Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

2.5 lb beef chuck boneless
O.5 teaspoon pepper
O.5 teaspoon salt
1.5 lb yukon gold potatoes ()
1.5 lb carrots peeled cut into 11/2-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
Di	rections
Ц	Spray 5- to 6-quart slow cooker with cooking spray. In slow cooker, place beef.
Ш	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	
	PROTEIN 31.26% FAT 38.19% CARBS 30.55%

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, Kae

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: Og (100%), Alcohol %: O% (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%)