



 **80%**
HEALTH SCORE

Slow-Cooker Family-Favorite Pot Roast

 Dairy Free  Very Healthy

READY IN



640 min.

SERVINGS



6

CALORIES



777 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons vegetable oil
- 5 pound top round beef roast
- 6 medium potatoes cut into 2-inch pieces (4 cups)
- 2.5 cups baby carrots
- 5 ounces mushrooms fresh sliced
- 0.5 cup celery sliced
- 0.5 cup onion chopped
- 1 teaspoon salt

- 0.5 teaspoon pepper
- 0.5 teaspoon thyme leaves dried
- 14.5 ounces tomatoes diced undrained canned
- 10.5 ounces beef consommé canned
- 5.5 ounces vegetable juice canned ()
- 0.3 cup flour all-purpose

Equipment

- bowl
- frying pan
- whisk
- slotted spoon
- slow cooker

Directions

- Heat oil in 10-inch skillet over medium-high heat. If beef roast comes in netting or is tied, do not remove. Cook beef in oil about 10 minutes, turning occasionally, until brown on all sides.
- Place potatoes, carrots, mushrooms, celery and onion in 4- to 5-quart slow cooker.
- Sprinkle with salt, pepper and thyme.
- Place beef on vegetables.
- Pour tomatoes, consommé and vegetable juice over beef.
- Cover and cook on Low heat setting 8 to 10 hours.
- Remove beef and vegetables from cooker, using slotted spoon; place on serving platter and cover to keep warm. Skim fat from beef juices in cooker if desired.
- Remove 1/2 cup of the juices from cooker; mix with flour in small bowl, using wire whisk, until smooth. Gradually stir flour mixture into remaining juices in cooker. Increase heat setting to High. Cover and cook about 15 minutes or until thickened.
- Remove netting or strings from beef.
- Serve sauce with beef and vegetables.

Nutrition Facts

PROTEIN 48.07% FAT 24.69% CARBS 27.24%

Properties

Glycemic Index:61.63, Glycemic Load:31, Inflammation Score:-10, Nutrition Score:54.522173531677%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

Nutrients (% of daily need)

Calories: 776.96kcal (38.85%), Fat: 20.88g (32.12%), Saturated Fat: 6.82g (42.61%), Carbohydrates: 51.82g (17.27%), Net Carbohydrates: 43.89g (15.96%), Sugar: 7.85g (8.72%), Cholesterol: 234.36mg (78.12%), Sodium: 989.72mg (43.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 91.45g (182.89%), Vitamin B6: 3.28mg (164.19%), Selenium: 110.31µg (157.59%), Vitamin A: 7699.85IU (154%), Vitamin B3: 30.17mg (150.83%), Vitamin B12: 7.04µg (117.28%), Zinc: 16.73mg (111.52%), Phosphorus: 1000.77mg (100.08%), Potassium: 2643.19mg (75.52%), Vitamin C: 59.42mg (72.03%), Iron: 11.2mg (62.24%), Vitamin B2: 0.87mg (51.2%), Vitamin B1: 0.64mg (42.53%), Magnesium: 159.66mg (39.92%), Copper: 0.8mg (39.76%), Fiber: 7.93g (31.72%), Folate: 123.31µg (30.83%), Manganese: 0.61mg (30.73%), Vitamin B5: 3mg (30%), Vitamin K: 21.15µg (20.14%), Calcium: 152.4mg (15.24%), Vitamin E: 1.78mg (11.84%)