
# Stove Pot Roast With Mashed Potatoes

Gluten Free  Very Healthy

| READY IN | SERVINGS | CALORIES |
| --- | --- | --- |
| 390 min. | 8 | 1098 kcal |

LUNCH | MAIN COURSE | MAIN DISH | DINNER

## Ingredients

- [ ] 42 ounce condensed beef broth canned (such as Campbell's®)
- [ ] 3 pound beef chuck
- [ ] 0.5 cup butter
- [ ] 16 ounce carrots peeled
- [ ] 1 sprig rosemary fresh
- [ ] 5 cloves garlic
- [ ] 8 servings salt and ground pepper black to taste
- [ ] 8 servings pot roast cut

- [ ] 8 servings potatoes mashed
- [ ] 8 servings salt to taste
- [ ] 1 cup water
- [ ] 1 onion white cut into large wedges
- [ ] 5 pounds yukon gold potatoes diced peeled

## Equipment

- [ ] frying pan
- [ ] pot
- [ ] dutch oven

## Directions

- [ ] Season chuck roast with salt and black pepper; sear in a large, deep skillet or Dutch oven over medium heat until browned, about 10 minutes per side.
- [ ] Pour beef broth and water into the skillet with roast. Arrange onion wedges and garlic cloves around the meat.
- [ ] Spread carrots atop roast and place sprig of rosemary atop carrots. Turn heat to medium-low and simmer until tender, about 6 hours.
- [ ] Cover potatoes with water in a large pot and bring to a boil; reduce heat to low and simmer until tender, about 30 minutes.
- [ ] Drain. Mash potatoes with butter and half the evaporated milk until smooth; slowly mash remaining evaporated milk into potatoes to achieve the desired consistency. Season with salt.
- [ ] Remove 1 or 2 cloves of garlic from skillet and mash cloves on top of the roast; serve with mashed potatoes.

## Nutrition Facts

PROTEIN **34.13%** FAT **35.54%** CARBS **30.33%**

### Properties

Glycemic Index:44.17, Glycemic Load:57.71, Inflammation Score:-10, Nutrition Score:59.150000147198%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

## Nutrients (% of daily need)

Calories: 1098.06kcal (54.9%), Fat: 43.33g (66.66%), Saturated Fat: 20.41g (127.56%), Carbohydrates: 83.2g (27.73%), Net Carbohydrates: 71.78g (26.1%), Sugar: 6.68g (7.42%), Cholesterol: 294.77mg (98.26%), Sodium: 1211.2mg (52.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 93.64g (187.27%), Vitamin A: 9858.83IU (197.18%), Zinc: 26.63mg (177.55%), Vitamin B12: 9.54µg (159.01%), Vitamin B6: 3.17mg (158.45%), Selenium: 93.29µg (133.27%), Vitamin B3: 25.48mg (127.39%), Vitamin C: 90.35mg (109.51%), Phosphorus: 1072.46mg (107.25%), Potassium: 3434.32mg (98.12%), Iron: 11.98mg (66.57%), Vitamin B2: 0.84mg (49.41%), Magnesium: 196.39mg (49.1%), Fiber: 11.42g (45.7%), Vitamin B1: 0.68mg (45.63%), Manganese: 0.87mg (43.63%), Copper: 0.82mg (41.02%), Vitamin B5: 4.04mg (40.35%), Folate: 120.72µg (30.18%), Vitamin K: 22.23µg (21.17%), Calcium: 153.93mg (15.39%), Vitamin E: 1.73mg (11.54%), Vitamin D: 0.4µg (2.64%)