



# Pot Roast

Adapted from ([cafedelites.com](http://cafedelites.com))



## Ingredients

- 1 Tablespoon olive oil
- 4 lb. chuck roast or blade roast, boneless and trimmed of excess fat
- 2 yellow onions chopped
- 8 cloves garlic, smashed with back of spoon (or 2 Tablespoons minced garlic)
- 1 lb. baby potatoes
- 4 large carrots, cut into 2-inch pieces
- 2 stalks celery, cut into 1-inch pieces
- 1/4 cup balsamic vinegar
- 2 tablespoons Dijon mustard
- 2 Tablespoons thyme
- 2 teaspoons bouillon
- 1 cup reduced-sodium beef broth



## Directions



Yield: 10

Serving size: 1 cup

Total cost: \$10.01    Serving cost: \$1.00

- Preheat oven to 350 degrees. Heat oil in a dutch oven or heavy based oven-proof pot over medium-high heat. Season roast all over with good amount of salt and pepper. Sear until brown on all sides (4-5 min. each side)
- Transfer roast to a plate. Saute garlic for 30 seconds until fragrant. Add the stock and balsamic vinegar to deglaze your pan, scraping up any browned bits.
- Add onions, garlic, potatoes, carrots, celery, mustard, thyme and bouillon. Season with salt and pepper to taste. Add Roast back into pan
- Bring to a simmer, cover with lid and transfer to the oven. Roast for 3-4 hours until the meat is tender and falling apart. (check after 1.5 hours. If the liquid has been absorbed, add 2 cups extra broth and continue cooking).
- Transfer the roast, carrots and potatoes to a warm plate. With a spoon, skim the fat off the surface of the cooking liquid. Cut the roast into slices and serve with the vegetables.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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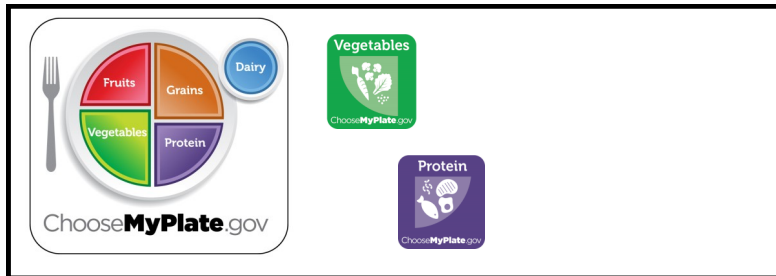
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Cook it in a crock pot or slow cooker!
- Add your favorite vegetables
- Make mashed potatoes instead for a side dish!
- Pair with a grain; rice, couscous or a risotto to have another food group!
- Add fresh herbs
- Salt and pepper to taste

Second Harvest is an equal opportunity provider.

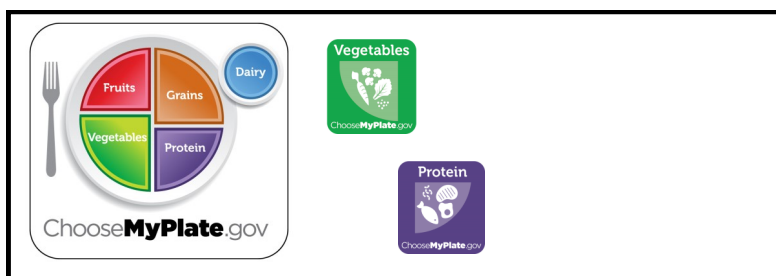
Nutrition Facts	
10 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0.64g	<b>3%</b>
Trans Fat 0.05g	
Polyunsaturated Fat 0.28g	
Monounsaturated Fat 1.54g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
Sugar Alcohol 0g	
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0.08mcg	<b>0%</b>
Calcium 59.8mg	<b>4%</b>
Iron 1.548mg	<b>8%</b>
Potassium 616mg	<b>15%</b>
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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