



Beef Pot Roast

Ingredients:

Eye of round beef, potatoes, carrots, celery, garlic, beef gravy. Served with dinner rolls.

All you do:

1. Twenty-four hours before cooking, thaw the Beef Roast pan(s) in the refrigerator. For a quicker thaw, slightly open the lid of the pan(s) off to one side when thawing in the refrigerator.
2. On the same day of cooking, pull the dinner rolls from the freezer to thaw in the refrigerator. Note: 2-3 hours before serving the rolls, remove them from the refrigerator to get to room temperature. Another option would be to warm the rolls in the oven before serving (refer to instructions below for warming the rolls in the oven).

Cooking Instructions for Oven:

1. Preheat the oven to 350°F.
2. Remove the cover and place the foil pan of the thawed beef roast into the preheated oven on the center rack. Bake for 15-20 minutes.
3. For warm dinner rolls, spread out the rolls on a baking sheet and place the sheet in the oven at 350°F for 5 minutes. The dinner rolls can be placed in the oven during the last 5 minutes of cooking time for the beef roast.

Cooking Instructions for Slow Cooker:

1. Spray the inside of a slow cooker with nonstick cooking spray or opt for an easier clean up by using a slow cooker liner.
2. Transfer the contents from the Beef Roast pan(s) into a slow cooker. Cook the contents on medium-low heat for 5-6 hours or on high heat for 3-4 hours. The beef should reach an internal cooking temperature of 165°F (on cooking thermometer) to ensure that it is cooked through.
3. For warm dinner rolls, preheat the oven to 350°F. Then spread out the rolls on a baking sheet and place the sheet in the preheated oven for 5 minutes. The dinner rolls can be placed in the oven during the last 5 minutes of cooking time for the Beef Roast.

Chef's Tip(s): For a richer gravy, heat 2 tablespoons of butter on medium in a saucepan until melted. Add 2 tablespoons of flour to the saucepan with butter, and whisk until a very light brown (about 2 minutes). Remove the meat and vegetables from the foil pan to serve and add remnants from the foil pan to the saucepan with the butter and flour mixture. Continue to heat mixture in saucepan on medium, stirring consistently, until the sauce coats the back of a spoon, or until the consistency you want is met.

Dietitian Tips & Notes:

Serve with: balsamic mushrooms or a leafy green salad

Leftovers: use leftovers to make a beef and veggie pot pie. Add leftover stew to a pie plate. Prepare pancake mix and pour on top. Bake until golden brown and internal cooking temperature reaches 165°F. Or, cook an acorn squash, cut in half and add reheated leftover beef pot roast.

Fun Fact: Pot roasts use tough cuts of meat that require hours of cooking to break down the meat to make it tender.

Beef Pot Roast Nutrition Facts per serving: 309 calories, 7 g total fat (3 g saturated fat, 0 g transfat), 56 g cholesterol, 715 mg sodium, 39 g carbohydrates (5 g fiber, 9 g sugar), 23 g protein

Dinner Roll Nutrition Facts per serving: 100 calories, 2 g total fat (0 g saturated fat, 0 g transfat), 0 mg cholesterol, 130 mg sodium, 19 g carbohydrates (1 g fiber, 2 g sugar), 2 g protein