



Pot Roast

Yield: 10 servings

Source: VA dietitian

Ingredients:

- 3 tablespoons oil
- 3 lb. bottom round roast
- 2 tablespoons garlic salt, divided
- 1 cup no-salt beef broth
- 1 medium onion, sliced
- 1 tablespoon Worcestershire sauce
- 2 tablespoons soy sauce
- Pepper, to taste
- 3 carrots, peeled and cut into 2-inch pieces
- 2 potatoes, peeled and quartered

Directions:

1. Preheat oven to 350°F.
2. In a large pan heat olive oil. Season with 1 tablespoon garlic salt. Sear all sides of roast, about 1-2 minutes per side. Remove and place in large baking dish or Dutch oven.
3. Add onions to pan and deglaze with beef broth. Cook for 1-2 minutes. Add onions to Dutch oven with roast.
4. Drizzle Worcestershire sauce and soy sauce over pot roast and onion and season. Season with remaining 1 tablespoon garlic salt and pepper to taste. Cover with foil or lid.
5. Cook for 1 ½ hours. Remove from oven and add carrots and potatoes. Replace foil or lid and return to oven for additional 1-1 ½ hours or until internal temperature of roast reaches 145°F for four minutes using food thermometer.

****Note:** Replace potatoes with radishes and/or add parsnips, winter squash or sweet potatoes**

Nutrition information:

Serving size 3 oz portion

Calories: 221

Fat: 6.5g

Sodium: 596mg

Carbohydrates: 9g

Sugar: 2g

Fiber: 1g

Protein: 32g