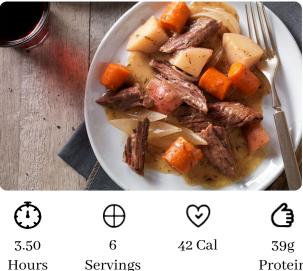


## **Yankee Beef Pot Roast**

Looking for a classic American recipe? Our cozy Yankee Pot Roast is sure to please in any weather.

## **INGREDIENTS**

1 boneless beef chuck pot roast (arm, shoulder or blade), about 2-1/2 pounds 1/3 cup all-purpose flour 3/4 teaspoon salt 3/4 teaspoon black pepper 1 tablespoon vegetable oil  $1 \operatorname{can} (14 \operatorname{to} 14-1/2 \operatorname{ounces})$  beef broth 1/2 cup dry red wine 1-1/2 teaspoons dried thyme leaves 2 packages (16 ounces each) frozen vegetable stew mixture (such as potatoes, carrots, celery and onion)



Protein

## **COOKING**

1. Combine flour, salt and pepper. Lightly coat beef in 2 tablespoons of the flour mixture. Heat oil in large stockpot over medium heat until hot. Place beef pot roast in stockpot; brown evenly. Pour off drippings.

2. Combine beef broth, red wine, thyme and remaining flour mixture; add to stockpot and bring to a boil. Reduce heat; cover tightly and simmer 2 hours. Add vegetables to stockpot; continue simmering 30 to 45 minutes or until pot roast and vegetables are fork-tender.

3. Remove pot roast and vegetables; keep warm. Skim fat from cooking liquid, if necessary.

4. Carve pot roast into thin slices. Serve with vegetables and gravy.

## **NUTRITION**

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL	
6		10g	71mg		25g	39g	1	0	

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com