

Coffee-Braised Pot Roast

*Our Best Recipes
Meredith Corporation*

Servings: 8

*3 to 3-1/2 pound beef chuck pot
roast
1 teaspoon salt
1/2 teaspoon black pepper
1 tablespoon vegetable oil
1 large onion, halved and sliced
1 green sweet pepper, cut into two-inch
pieces
3 cloves garlic, minced
3/4 cup beef broth
1 can (8 ounce) crushed pineapple
1 tablespoon instant espresso powder
1/4 teaspoon crushed red pepper
1/4 teaspoon ground allspice
2 pounds sweet potatoes, peeled and
cut into two-inch pieces
crushed red pepper (for garnish)*

Preparation Time: 25 minutes

Roast: 2 hours 30 minutes

Preheat the oven to 325 degrees.

Trim the fat from the beef. Rub the beef with salt and black pepper. In a six-quart Dutch oven, brown the beef on all sides in hot oil over medium-high heat. Transfer to a plate.

Add the onion, green pepper and garlic to the pot. Cook and stir for 4 to 5 minutes or until tender and starting to brown. Return the beef to the Dutch oven. Add the broth, pineapple, espresso powder, crushed red pepper and allspice. Bring to a boil.

Cover. Roast for one and 3/4 hours. Add the sweet potatoes. Cover. Roast for 45 minutes to one hour more or until the meat and vegetables are tender.

Transfer the beef and vegetables to a platter. Cover to keep warm. Bring the liquid in the pot to a boil. Reduce the heat. Simmer, uncovered, for 10 to 15 minutes or until slightly thickened.

Serve the sauce with the beef and vegetables. Sprinkle with additional crushed red pepper.

Per Serving (excluding unknown items): 133 Calories; 2g Fat (13.3% calories from fat); 3g Protein; 27g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 398mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	133	Vitamin B6 (mg):	.3mg
% Calories from Fat:	13.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	78.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	8.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	2g	Folacin (mcg):	16mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value:	0.0%
Carbohydrate (g):	27g		
Dietary Fiber (g):	3g		
Protein (g):	3g		
Sodium (mg):	398mg		
Potassium (mg):	262mg		
Calcium (mg):	32mg		
Iron (mg):	1mg		
Zinc (mg):	trace		
Vitamin C (mg):	23mg		
Vitamin A (i.u.):	16411IU		
Vitamin A (r.e.):	1641RE		

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	0
Vegetable:	1/2
Fruit:	1/2
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 133 **Calories from Fat:** 18

% Daily Values*

Total Fat 2g	3%
Saturated Fat trace	1%
Cholesterol 0mg	0%
Sodium 398mg	17%
Total Carbohydrates 27g	9%
Dietary Fiber 3g	12%
Protein 3g	
Vitamin A	328%
Vitamin C	38%
Calcium	3%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.