

Beef

Beef, Sweet Potato and Green Bean Pot Roast

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Servings: 8

Preparation Time: 30 minutes

Cook time: 2 hours

1 3 to 3 1/2 lb boneless beef chuck pot roast
salt and ground black pepper
2 tablespoons vegetable oil
1 can (14.5 oz) beef broth
1 tablespoon Worcestershire sauce
3 medium sweet potatoes, peeled and sliced 1/2-inch thick
12 ounces fresh green beans
1 large onion, cut into wedges
1/4 teaspoon ground cinnamon
1/2 cup apple juice
2 tablespoons cornstarch
1/4 teaspoon salt

Trim the fat from the meat. Sprinkle with salt and pepper.

In a 4 to 6 quart Dutch oven, heat the oil over medium heat. Add the roast and brown on all sides. Drain off the fat.

Pour the broth and Worcestershire sauce over the roast. Bring to a boil. Reduce heat and simmer, covered, for 1 3/4 hours.

Add the sweet potatoes, green beans, onion and cinnamon to the Dutch oven.

Return to boiling. Reduce heat and simmer, covered, for 15 to 20 minutes more or until the meat and vegetables are tender. Transfer to a serving platter while reserving the juices in the Dutch oven.

Stit together the apple juice and cornstarch. Stir into the juices in the Dutch oven. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 minutes more.

Stir in the salt.

Serve over the roast and vegetables.

Per Serving (excluding unknown items): 110 Calories; 4g Fat (28.9% calories from fat); 2g Protein; 17g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 252mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.