



Pot Roasted Beef

Makes: 6 Servings

This is a tender and satisfying roast beef dinner. Serve with a green salad and bread.

Ingredients

1 pound beef round roast (thawed)

1/4 teaspoon salt

1/4 teaspoon black pepper

1/2 teaspoon vegetable oil

8 red potatoes (peeled and quartered, or 2 cans, about 30 ounces, low-sodium sliced potatoes, drained)

2 turnips (peeled and quartered, or 1 can, about 15 ounces, low-sodium sweet potatoes)

1/2 cup onion (chopped into 1-inch pieces)

Nutrition Information

Nutrients	Amount
Calories	327
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	31 mg
Sodium	208 mg
Total Carbohydrate	51 g
Dietary Fiber	6 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	23 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

1/2 cup carrots (chopped into 1-inch pieces)

1/2 cup low-sodium tomato juice

Directions

1. Preheat oven to 350 degrees F.
2. Season the roast with salt and pepper.
3. In a large pan, brown the roast in the oil over medium to high heat for 10 to 12 minutes. Drain fat.
4. Use a large iron skillet or roasting pan. Put the roast in the middle of the pan. Add the potatoes, turnips, onions, and carrots around the roast.
5. Pour the tomato juice over the roast and vegetables.
6. Cover the pan with a lid or foil and bake for 1 hour or until potatoes are cooked.
7. If desired, cut roast into one inch chunks. Mix and serve.

Notes

Tip for cooking beef roast: The recommended safe minimum internal temperature for beef roast is 145 degrees F, as measured with a food thermometer.

Source: A Harvest of Recipes with USDA Foods