

IRISH-INSPIRED BEEF POT ROAST AND VEGETABLES

*Total preparation and cooking time on high setting: 6-1/4 to 7-1/4 hours
Total preparation and cooking time on low setting: 10-1/4 to 11-1/4 hours*

- 1 boneless beef bottom round rump roast or beef bottom round (3 to 3-1/4 pounds)**
- 2 packages (24 ounces each) fresh pot roast vegetables (potatoes, onions, carrots, celery)**
- 2 packages (.75 to .88 ounces each) mushroom or brown gravy mix**
- 1/3 cup all-purpose flour**
- 1/2 teaspoon salt**
- 1/2 teaspoon pepper**
- 1 cup beer**
- Chopped fresh parsley (optional)**

1. Prepare pot roast vegetables: cut potatoes in half (or into quarters if large), onions into 1/2-inch wedges, and carrots and celery into 2-inch pieces; set aside.
2. Combine gravy mixes, flour, salt and pepper in large bowl. Add vegetables to bowl; toss to coat well. Remove vegetables from flour mixture and place in 5 to 6-quart slow cooker. Add beef roast to bowl, turning to coat evenly with flour mixture. Remove roast and place in slow cooker in center of vegetables.
3. Whisk beer into remaining flour mixture until smooth; add to slow cooker. Cover and cook on LOW 10 to 11 hours, or on HIGH 6 to 7 hours, or until beef and vegetables are fork-tender. (No stirring is necessary during cooking.)
4. Remove roast and vegetables. Skim fat from gravy. Carve roast into thin slices. Serve with vegetables and gravy. Sprinkle with parsley, if desired.

Makes 6 to 8 servings.

Cook's Tip: *Packaged pot roast vegetables may also be referred to as stew or soup vegetables. One and one quarter pounds carrots, 1 pound small red potatoes, 2 small onions and 4 small ribs celery may be substituted for packaged pot roast vegetables. Prepare as directed above.*

Nutrition information per serving (1/6 of recipe): 423 calories; 12 g fat (4 g saturated fat; 5 g monounsaturated fat); 147 mg cholesterol; 688 mg sodium; 23 g carbohydrate; 3.5 g fiber; 52 g protein; 10 mg niacin; 0.9 mg vitamin B₆; 2.7 mcg vitamin B₁₂; 4.7 mg iron; 57.2 mcg selenium; 8.6 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber.

Nutrition information per serving (1/8 of recipe): 318 calories; 9 g fat (3 g saturated fat; 3 g monounsaturated fat); 112 mg cholesterol; 516 mg sodium; 17 g carbohydrate; 2.6 g fiber; 39 g protein; 7.7 mg niacin; 0.6 mg vitamin B₆; 2.0 mcg vitamin B₁₂; 3.6 mg iron; 42.9 mcg selenium; 6.5 mg zinc.

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