

SIMPLE SAVORY BEEF POT ROAST

Total preparation and cooking time: 2-3/4 to 3 hours

- 1 boneless beef chuck blade pot roast (2-1/2 pounds)**
- 1/2 teaspoon salt**
- 1/2 teaspoon pepper**
- 1 cup Burgundy or dry red wine**
- 2 tablespoons minced garlic**
- 3 cups frozen vegetable blend (any variety)**
- 1 tablespoon chopped fresh thyme**
- Salt**
- Prepared mashed potatoes (optional)**
- Additional fresh thyme (optional)**

1. Spray stockpot with cooking spray; heat over medium heat until hot. Place beef pot roast in stockpot; brown evenly. Pour off drippings; season with salt and pepper.
2. Add wine and garlic to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 2-1/4 to 2-1/2 hours or until pot roast is fork-tender.
3. Remove pot roast; keep warm. Skim fat from cooking liquid; bring to a boil. Reduce heat to medium; cook 5 minutes. Add frozen vegetables to stockpot; bring to a boil. Reduce heat to medium; cook, uncovered, 5 to 7 minutes or until vegetables are tender and liquid is reduced slightly. Stir in 1 tablespoon thyme. Season with salt, as desired.
4. Carve pot roast into thin slices; serve with vegetable mixture and mashed potatoes, if desired. Garnish with additional thyme, if desired.

Makes 6 servings.

Nutrition information per serving: 341 calories; 15 g fat (6 g saturated fat; 6 g monounsaturated fat); 113 mg cholesterol; 308 mg sodium; 13 g carbohydrate; 3.0 g fiber; 36 g protein; 3.9 mg niacin; 0.5 mg vitamin B₆; 2.6 mcg vitamin B₁₂; 4.9 mg iron; 28.8 mcg selenium; 11.0 mg zinc.

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