

Recipe of the Month – December 2024

Beef & Vegetable Pot Roast

Serves: 10

Serving Size: 1, 2-inch slice of roast beef, 1/2 cup carrots, and 1/2 cup potatoes

Cost per Serving: \$2.89

Ingredients:

1 3 to 3 1/2 pound boneless beef OR chuck roast

1 tablespoon olive oil OR vegetable oil

2 pounds baby carrots

6 medium potatoes, quartered

1 large onion, quartered

3 teaspoons seasoning mixture (Salt free all purpose seasoning)

1 32 oz carton low-sodium beef broth

1/4 teaspoon salt



Directions:

1. In a large frying pan over medium heat, brown roast in oil on all sides.
2. Place carrots, potatoes, and onion in a 6 quart slow cooker. Place roast on top of vegetables; sprinkle with seasoning blend and salt.
3. Add broth and cover with slow cooker lid.
4. Cook on low for 10-12 hours, until beef and vegetables are tender.

Nutrition Facts per Serving: 300 calories, 10g total Fat (4g sat. fat),

45mg.Cholesterol, 250mg Sodium, 32g Carbohydrates, 5g Fiber, 6g Sugar, 20g Protein

Recipe compliments of Ohio SNAP-Ed (Ohio State Extension) Celebrate Your Plate 2024 Calendar



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