

Mom's Pot Roast

Entree, Makes 10 Servings (3 ounces of beef each)

Ingredients:

2-pound boneless beef chuck or rump roast
2 tablespoons vegetable oil
1/2 cup onions, chopped
3 garlic cloves, minced
1 cup rutabagas
1 teaspoon dried thyme
1 teaspoon dried oregano
2 cups water
3 tablespoons cornstarch
3 tablespoons water, very cold
1/2 cup carrots, sliced



Brown meat on all sides in the oil. Add onions, cover and cook over low heat for 15 minutes. Add the garlic, rutabagas, herb seasoning and 2 cups of water. Cover tightly and simmer 3 1/2 to 4 hours, until the meat is tender. Thirty minutes before the pot roast is ready, mix the cornstarch and cold water in a small bowl. Add 1/2 cup of hot liquid from the pot to the cornstarch mixture to form a slurry. Then add the mixture back into the pot and stir. Add the carrots and cook for an additional 30 minutes.

Nutrition Facts:

Per Serving (3 oz. roast)

Calories:	310 kcals
Protein	27 g
Carbohydrates:	5 g
Fiber:	1 g
Total Fat:	20 g
Saturated Fat:	7 g
Cholesterol:	91 mg
Phosphorus:	229 mg
Sodium:	62 mg
Calcium:	19 mg
Potassium:	318 mg/8.2 mEq

(mEq = milliequivalent)