

After-Work Beef Pot Roast Dinner

Total Recipe Time: on high setting: 6 hours

1 beef Shoulder Roast boneless or Bottom Round Rump Roast (3 to 3-1/2 pounds)
1 envelope (0.7 ounces) Italian dressing mix
2 large onions, each cut into 8 wedges
2 cloves garlic, peeled
2 red bell peppers, cut into 1-1/2 inch pieces
1/2 cup ready-to-serve beef broth
2 zucchini, cut into 1/4-inch thick slices
2-1/2 tablespoons cornstarch dissolved in 2 tablespoons water
Salt and pepper



1. Press dressing mix evenly onto all surfaces of beef pot roast. Place onions and garlic in 4-1/2 to 5-1/2-quart slow cooker; top with pot roast. Add bell peppers and broth. Cover and cook on HIGH 5 hours, or on LOW 8 hours. Add zucchini. Continue cooking, covered, 30 minutes or until pot roast is fork-tender.
2. Remove pot roast and vegetables. Strain cooking liquid; skim fat. Combine 2 cups cooking liquid and cornstarch mixture in medium saucepan. Bring to a boil, stirring constantly; cook and stir 1 minute or until thickened.
3. Carve pot roast into slices; season with salt and pepper, as desired. Serve with vegetables and gravy.

Makes 6 to 8 servings

Nutrition information per serving, using chuck (1/6 of recipe): 333 calories; 11 g fat; 129 mg cholesterol; 58 mg sodium; 13 g carbohydrate; 44 g protein; 5.4 mg niacin; 0.6 mg vitamin B₆; 4.4 mcg vitamin B₁₂; 5.5 mg iron; 11.3 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron and zinc.

Nutrition information per serving, using round (1/6 of recipe): 324 calories; 11 g fat; 561 mg sodium; 122 g carbohydrate; 42 g protein; 5.8 mg niacin; 0.7 mg vitamin B₆; 3.2 mcg vitamin B₁₂; 5.0 mg iron; 7.2 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron and zinc.

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