

## Horseradish-Braised Pot Roast with Barley & Kale

**Total Recipe Time:** 2-3/4 to 3 hours

- 1 7-Bone Chuck Roast (about 2-1/4 to 2-1/2 pounds)
- 1 teaspoon pepper
- 2 teaspoons olive oil
- 1 large onion, thinly sliced
- 1 cup water
- 2 tablespoons Worcestershire sauce
- 2 tablespoons plus 1 teaspoon prepared horseradish, divided
- 1 cup uncooked quick-cooking (pearled) barley or farro
- 4 cups thinly sliced kale or baby spinach leaves



1. Press pepper evenly onto all surfaces beef pot roast. Heat oil in stockpot over medium heat until hot. Place pot roast in stockpot; brown evenly. Pour off drippings.
2. Add onion, water, Worcestershire sauce and 2 tablespoons horseradish. Return beef 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. Meanwhile, prepare barley according to package directions for 6 servings. Remove from heat. Stir in kale. Cover; let stand 5 minutes.
4. Remove pot roast; keep warm. Skim fat from cooking liquid, if necessary; bring to boil. Reduce heat to medium and cook 10 to 13 minutes or until reduced to 1-1/2 cups, stirring occasionally. Stir in remaining 1 teaspoon horseradish.
5. Remove bone from pot roast. Carve pot roast into thin slices. Return beef to cooking liquid and heat through. Serve beef over barley mixture.

### Makes 6 servings

**Nutrition information per serving:** 386 calories; 14 g fat (5 g saturated fat; 6 g monounsaturated fat); 90 mg cholesterol; 159 mg sodium; 35 g carbohydrate; 6.8 g fiber; 32 g protein; 8.5 mg niacin; 0.5 mg vitamin B<sub>6</sub>; 2.1 mcg vitamin B<sub>12</sub>; 5.2 mg iron; 36 mcg selenium; 9.8 mg zinc; 115.3 mg choline.

This recipe is an excellent source of fiber, protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium, zinc and choline.

Recipe Photo Options

[Low Resolution .jpg](#)

[High Resolution .tif](#)