

Lemon-Herb Beef Pot Roast

Total Recipe Time: 3 to 3-1/4 hours

1 beef Chuck 7-Bone Roast or Shoulder Roast (3 to 3-1/2 pounds)
1 tablespoon olive oil
2 cups baby carrots
1 pound small red-skinned potatoes, halved
1 medium onion, cut into 6 wedges
2 tablespoons cornstarch dissolved in 2 tablespoons water
1/2 teaspoon dried basil

Seasoning:

2 teaspoons lemon pepper
2 cloves garlic, minced
1 teaspoon dried basil



1. Combine seasoning ingredients; press onto beef pot roast. Heat oil in Dutch oven over medium heat until hot. Brown pot roast. Pour off drippings.
2. Add 1 cup water; bring to a boil. Reduce heat; cover tightly and simmer 2 hours. Add vegetables; continue cooking, covered, 30 to 45 minutes or until pot roast and vegetables are fork-tender. Remove pot roast and vegetables; keep warm.
3. Skim fat from cooking liquid. Stir in cornstarch mixture and 1/2 teaspoon basil. Cook and stir 1 minute or until thickened and bubbly. Carve pot roast. Serve with vegetables and sauce.

Makes 6 servings

Nutrition information per serving: 335 calories; 11 g fat (3 g saturated fat; 6 g monounsaturated fat); 90 mg cholesterol; 278 mg sodium; 21 g carbohydrate; 3.1 g fiber; 36 g protein; 5.7 mg niacin; 0.6 mg vitamin B₆; 3.8 mcg vitamin B₁₂; 4.9 mg iron; 38.9 mcg selenium; 8.5 mg zinc.

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

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