

## Smoky Chipotle Pot Roast with Cornbread

**Total Recipe Time:** 2-1/2 to 3-1/2 hours

**1 beef Shoulder, Arm or Blade Roast Boneless (2-1/2 to 4 pounds)**  
**1-1/2 teaspoons chipotle chili powder**  
**1 tablespoon vegetable oil**  
**1 can (14-1/2 ounces) diced tomatoes with green chiles, undrained**  
**Prepared cornbread or corn muffins**



1. Press chili powder evenly onto all surfaces of beef roast. Heat oil in stockpot over medium heat until hot. Place pot roast in stockpot; brown evenly. Pour off drippings.
2. Add tomatoes; bring to a boil. Reduce heat; cover tightly and simmer 2 to 3 hours or until roast is fork-tender.
3. Remove roast; keep warm. Skim fat from cooking liquid. Return liquid to stockpot; bring to a boil. Cook 8 to 10 minutes or until sauce is reduced to 2 cups.
4. Carve roast into thin slices; top with sauce. Serve with cornbread.

**Makes 6 to 8 servings**

**Cook's Tip:** One tablespoon chopped chipotle peppers in adobo sauce may be substituted for chipotle chili powder. Rub peppers evenly onto all surfaces of roast as above.

**Nutrition information per serving, using Arm Roast, 1/6 of recipe:** 350 calories; 23 g fat(8 g saturated fat; 9 g monounsaturated fat); 101 mg cholesterol; 251 mg sodium; 3 g carbohydrate; 0.1 g fiber; 31 g protein; 4.5 mg niacin; 0.3 mg vitamin B<sub>6</sub>; 2.3 mcg vitamin B<sub>12</sub>; 2.7 mg iron; 28.7 mcg selenium; 7.1 mg zinc.

This recipe is an excellent source of protein, niacin, vitaminB<sub>12</sub>, selenium and zinc; and a good source of vitaminB<sub>6</sub> and iron.

**Nutrition information per serving, using Arm Roast, 1/8 of recipe:** 262 calories; 17 g fat(6 g saturated fat; 7 g monounsaturated fat); 76 mg cholesterol; 189 mg sodium; 2 g carbohydrate; 0.1 g fiber; 24 g protein; 3.3 mg niacin; 0.2 mg vitamin B<sub>6</sub>; 1.7 mcg vitamin B<sub>12</sub>; 2.0 mg iron; 21.5 mcg selenium; 5.3 mg zinc.

This recipe is an excellent source of protein, vitaminB<sub>12</sub>, selenium and zinc; and a good source of niacin, vitaminB<sub>6</sub> and iron.

**Nutrition information per serving, using Blade Roast, 1/6 of recipe:** 303 calories; 17 g fat(6 g saturated fat; 7 g monounsaturated fat); 113 mg cholesterol; 277 mg sodium; 3 g carbohydrate; 0.1 g fiber; 34 g protein; 2.9 mg niacin; 0.3 mg vitamin B<sub>6</sub>; 2.6 mcg vitamin B<sub>12</sub>; 4.0 mg iron; 28.4 mcg selenium; 10.9 mg zinc.

This recipe is an excellent source of protein, vitaminB<sub>12</sub>, iron, selenium and zinc; and a good source of niacin and vitaminB<sub>6</sub>.

**Nutrition information per serving, using Blade Roast, 1/8 of recipe:** 227 calories; 12 g fat(4 g saturated fat; 5 g monounsaturated fat); 85 mg cholesterol; 208 mg sodium; 2 g carbohydrate; 0.1 g fiber; 25 g protein; 2.2 mg niacin; 0.2 mg vitamin B<sub>6</sub>; 2.0 mcg vitamin B<sub>12</sub>; 3.0 mg iron; 21.3 mcg selenium; 8.2 mg zinc.

This recipe is an excellent source of protein, vitaminB<sub>12</sub>, selenium and zinc; and a good source of niacin, vitaminB<sub>6</sub> and iron.

**Nutrition information per serving, using Shoulder Roast, 1/6 of recipe:** 218 calories; 10 g fat(3 g saturated fat; 4 g monounsaturated fat); 75 mg cholesterol; 277 mg sodium; 3 g carbohydrate; 0.1 g fiber; 29 g protein; 3.8 mg niacin; 0.3 mg vitamin B<sub>6</sub>; 3.2 mcg vitamin B<sub>12</sub>; 3.4 mg iron; 31.9 mcg selenium; 6.8 mg zinc.

This recipe is an excellent source of protein, vitaminB<sub>12</sub>, selenium and zinc; and a good source of niacin, vitaminB<sub>6</sub> and iron.

**Nutrition information per serving, using Shoulder Roast, 1/8 of recipe:** 164 calories; 7 g fat(2 g saturated fat; 3 g monounsaturated fat); 57 mg cholesterol; 208 mg sodium; 2 g carbohydrate; 0.1 g fiber; 22 g protein; 2.8 mg niacin; 0.2 mg vitamin B<sub>6</sub>;

2.4 mcg vitamin B<sub>12</sub>; 2.5 mg iron; 23.9 mcg selenium; 5.1 mg zinc.

This recipe is an excellent source of protein, vitaminB<sub>12</sub>, selenium and zinc; and a good source of niacin, vitaminB<sub>6</sub> and iron.

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