

SLOW COOKER POT ROAST



Nutrient Analysis

PER SERVING

1/8 of recipe

Renal exchange:

3 Protein + 1 Vegetable

Calories	200Kcal
Protein	24g
Carbohydrates	7g
Fibre	1g
Total Fat	8g
Saturated Fat	3g
Cholesterol	65mg
Sodium	91mg
Potassium	474mg
Phosphorus	222mg

INGREDIENTS

4 whole shallots, peeled and cut in half

1 cup button mushrooms, halved

1/2 cup no salt added beef broth*

2 tablespoons cornstarch

1/2 teaspoon dry rosemary

1/2 teaspoon dry thyme

1/2 teaspoon garlic powder

1/4 teaspoon ground black pepper

2 pounds (900g) beef chuck roast

2 cups frozen green beans

PREPARATION: 10 MINUTES

COOKING: 8 HOURS

8 SERVINGS

** You can replace the beef stock with water or wine or a combination of both.*

*** If using the oven: Choose 350° F and roast in a Dutch oven or heavy pot for 3 hours (covered).*

PREPARATION

- 1** Turn the slow cooker** setting to LOW.
- 2** Add the shallots and mushrooms to the bottom of the slow cooker. Make a slurry with the beef broth and cornstarch and pour over the vegetables.
- 3** Mix the rosemary, thyme, garlic powder, and pepper and rub the roast with it. Place the roast on top of the vegetables and close the lid.
- 4** After 7 1/2 hours, check for doneness. The roast should be fork tender.
- 5** Add the green beans to the slow cooker and continue cooking for 30 more minutes.
- 6** Serve pot roast with noodles or rice.