



Beef Pot Roast

Ingredients

3 potatoes pared and thinly sliced

3 carrots pared and thinly sliced

2 onions peeled and sliced

1½ teaspoon salt

¼ teaspoon pepper

4 pounds top round roast

½ cup water

Makes 10 servings

Instructions

1. Put vegetables in bottom of crock-pot.
2. Salt and pepper meat, place in crock-pot on top of vegetables. Add liquid.
3. Cover and cook on low for 10 –12 hours or high for 5 to 6 hours.

Note:

- Remove meat and vegetables with spatula and thicken juices for gravy, if desired.

Nutrition Facts

Serving Size 1 1/4 cup
Servings Per Container 10

Amount Per Serving

Calories 310 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 95mg **32%**

Sodium 480mg **20%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 43g

Vitamin A 70% • Vitamin C 15%

Calcium 2% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

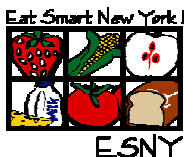
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

13% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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