

Pot Roast



2 Tablespoons olive oil
1 large onion, peeled and quartered
6 carrots, ends trimmed, cut in 2-
inch pieces
3-4 lb. chuck roast
1 cup red wine
2 cups reduced sodium beef broth

2 cloves garlic, minced
1 teaspoon coarse ground black
pepper
2 sprigs fresh rosemary
2 sprigs fresh thyme
2 bay leaves

Instructions: Preheat oven to 275°F. In a large stockpot, heat oil over medium-high heat. Add onions and carrots, browning them on both sides, about 6 minutes. Remove to a plate. Add a little more oil to the pan if needed and sear the roast until browned, 1-2 minutes on all sides. Remove the roast to a plate. Add red wine to the hot stockpot, scraping the bits from the bottom. Place the roast and vegetables back into the pot and pour beef stock over the roast. Add garlic, pepper, rosemary and thyme sprigs and bay leaves. Cover and roast for 3-4 hours, until the meat is at least 145°F. Remove bay leaf and herb sprigs.

Yield: 8 servings

Nutrition Facts (per serving): 360 calories, 24 grams fat, 290 milligrams sodium, 27 grams carbohydrate, 5 grams fiber, 7 grams protein