

Beef Pot Roast

Ingredients:

- 1 beef bouillon cube
- 2 cups hot water
- 1 tablespoon orange juice
- 1/4 teaspoon allspice
- 1/8 teaspoon pepper
- 1 onion
- 2 teaspoons vegetable oil
- 2 1/2 pounds round roast
- 2 carrots
- 4 potatoes

Equipment:

- Cutting board
- Knife
- Mixing bowl
- Large skillet with lid

Number of Servings: 12
 Prep Time: 20 minutes
 Total Time: 2 1/2 hours

Directions

1. Cut roast into bite size pieces. Set aside.
2. Wash potatoes and carrots and chop into cubes. Put into bowl and set aside.
3. Cut ends off of onion, and peel off brown layer. Chop into small pieces.
4. Pour vegetable oil in large skillet on medium heat. Add onion and cook until soft, stirring occasionally.
5. Add cubed beef to the skillet. Brown it on all sides.
6. While beef is browning, make gravy by putting the bouillon cube in 2 cups hot water. Stir it until the bouillon cube dissolves. Add orange juice, allspice, and pepper to bowl and stir well. Set aside.
7. When meat is nicely browned on all sides, add carrots, potatoes and broth mixture to skillet.
8. Cover and simmer on low for 2 hours.

Great one pot meal, fix it and forget it in a crock pot on low for 8 hours.

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Nutrition Facts

Serving Size: 1 cup

Servings: 12

Amount Per Serving

Calories 179 Calories from Fat 45

%Daily Value*

Total Fat 5g 8%

Saturated Fat 2g 8%

Cholesterol 55mg 18%

Sodium 113mg 5%

Total Carbohydrate 10g 3%

Dietary Fiber 1g 5%

Protein 22g 44%

Vitamin A 68% Vitamin C 17%

Iron 13% Calcium 1%

*Percent Daily Values are based on a 2,000 calorie diet

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