

Smoky Chipotle Pot Roast with Cornbread

INGREDIENTS

1 beef Shoulder, Arm or Blade Roasts, boneless (2 ½-4 lbs. total)

1 ½ tsp. chipotle chili powder

1 Tbsp. vegetable oil

1 can diced tomatoes with green chilies (14 ½ oz.)

Prepared cornbread or corn muffins for side

Prepare mixed greens salad for side or steamed veggies for side (optional)



PREPARATION

❶ Press chile powder evenly onto all surfaces of beef Arm Chuck Roast. Heat oil in stockpot over medium heat until hot. Place pot roast in stockpot; brown evenly. Pour off drippings. ❷ Add tomatoes; bring to a boil. Reduce heat; cover tightly and simmer 2 to 3 hours or until roast is fork-tender. ❸ 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. ❹ Carve roast into thin slices; top with sauce. Serve with cornbread. *Serves 8.*

Nutrition information per serving: 322 Calories; 189 Calories from fat; 21 g Total Fat (7.9 g Saturated Fat; 8.6 g Monounsaturated Fat); 117 mg Cholesterol; 202 mg Sodium; 2 g Total Carbohydrate; 0.7 g Dietary Fiber; 1 g Total Sugars; 30 g Protein; 24.3 mg Calcium; 2.6 mg Iron; 0.2 mg Riboflavin; 4.1 mg Niacin; 0.3 mg Vitamin B₆; 2.1 mcg Vitamin B₁₂; 6.7 mg Zinc; 41.5 mcg Selenium; 110.9 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B₁₂, Zinc, Selenium, and Choline. It is a good source of Iron, Riboflavin, and Vitamin B₆.

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