

After-Work Beef Pot Roast Dinner

Yield: 7 min
Total Time: 510 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-roast-italian-dressing-mix>

Ingredients:

- 1 beef shoulder roast boneless or Bottom Round Rump Roast, 3 to 3-1/2 pounds
- 11/16 ounce italian dressing mix
- 2 onions large, each cut into 8 wedges
- 2 cloves garlic peeled
- 2 red bell peppers cut into 1-1/2 inch pieces
- 1/2 cup ready to serve beef broth
- 2 zucchini cut into 1/4-inch thick slices
- 2 1/2 tablespoons cornstarch dissolved in 2 tablespoons water
- salt
- pepper

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 10 grams
3. Fiber: 2 grams
4. Protein: 2 grams
5. Sodium: 180 milligrams
6. Sugar: 4 grams

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