

Pot Roast

Yield: 4 min

Total Time: 160 min

Recipe from: <https://www.recipeschoose.com/recipes/new-year-hot-pot-recipe>

Ingredients:

- 3 pounds chuck roast well-marbled
- 3 tablespoons butter garlic & herb
- 1 tablespoon olive oil
- 1/3 cup all purpose flour
- 1 tablespoon onion powder
- 3 tablespoons Cajun seasoning or salt and pepper to taste
- 3 tablespoons worcestershire sauce
- 1 tablespoon garlic powder
- 2 cups beef broth
- 1 tablespoon tomato paste
- 2 sprigs fresh thyme
- 1 sprig fresh rosemary
- 1 cup carrots chopped
- 1/2 cup chopped celery
- 2 cloves garlic
- 1 onion coarsely chopped
- 1/2 bell pepper sliced
- 4 potatoes chopped

Nutrition:

1. Calories: 1200 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 245 milligrams
4. Fat: 74 grams
5. Fiber: 8 grams
6. Protein: 73 grams
7. SaturatedFat: 30 grams
8. Sodium: 870 milligrams
9. Sugar: 7 grams

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