

# Italian Style Pot Roast

Yield: 7 min  
Total Time: 170 min

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

## Ingredients:

- 3 1/2 pounds boneless chuck roast
- 2 tablespoons vegetable oil
- 14 1/2 ounces stewed tomatoes
- 1 1/2 cups pizza sauce
- 1/2 cup grated Parmesan cheese
- 4 teaspoons worcestershire sauce
- 2 cloves garlic minced
- 2 teaspoons salt
- 2 teaspoons dried oregano
- 1/2 teaspoon ground black pepper
- 1/2 pound fresh mushrooms sliced
- 3 tablespoons cornstarch
- 3 tablespoons water
- 12 ounces egg noodles

## Nutrition:

1. Calories: 850 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 195 milligrams
4. Fat: 49 grams
5. Fiber: 3 grams
6. Protein: 54 grams
7. SaturatedFat: 18 grams
8. Sodium: 1100 milligrams
9. Sugar: 4 grams

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