

Pot Roast with Cranberry Pomegranate Sauce

Yield: 7 min
Total Time: 110 min

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

Ingredients:

- 1/2 cup all purpose flour
- 1 teaspoon salt
- 1/2 teaspoon Spice Islands Garlic Powder
- 1/2 teaspoon Spice Islands Fine Grind Black Pepper
- 3 pounds boneless beef chuck roast excess fat removed
- 1/4 cup Mazola Corn Oil
- 1 1/2 cups diced onion
- 1 cup pomegranate juice
- 1 1/2 cups dried cranberries divided
- 1 tablespoon brown sugar
- 1 tablespoon worcestershire sauce
- 2 teaspoons balsamic vinegar

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 130 milligrams
4. Fat: 43 grams
5. Fiber: 1 grams
6. Protein: 38 grams
7. SaturatedFat: 14 grams
8. Sodium: 490 milligrams
9. Sugar: 13 grams

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