

Yankee Pot Roast – Dutch Oven Pot Roast

Yield: 7 min
Total Time: 200 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-pot-roast-dutch-oven-recipe>

Ingredients:

- 4 pounds chuck roast
- coarse salt
- freshly ground black pepper
- onion powder to taste for the rub
- garlic powder to taste for the rub
- vegetable oil for cast-iron Dutch oven
- 1 white onion extra-large, rough chopped into quarters
- 12 Brussels sprouts or more, trimmed
- 12 baby carrots or more, peeled
- 10 new potatoes cleaned
- 1 envelope lipton onion soup mix /packet dry
- 2 cups beef stock
- 1 cup red wine

Nutrition:

1. Calories: 880 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 170 milligrams
4. Fat: 50 grams
5. Fiber: 6 grams
6. Protein: 56 grams
7. SaturatedFat: 18 grams
8. Sodium: 440 milligrams
9. Sugar: 5 grams

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