

Perfect Southern Pot Roast

Yield: 7 min
Total Time: 85 min

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

Ingredients:

- 3 pounds pot roast chuck, boneless
- 1 teaspoon salt
- 1/2 teaspoon black pepper freshly ground
- 3 tablespoons vegetable oil or extra virgin olive oil, divided
- 2 onions large, peeled and quartered
- 4 carrots cut into 3-inch pieces, halved lengthwise
- 2 cloves garlic minced
- 1 cup dry red wine
- 3 cups beef broth
- 1/2 teaspoon thyme dried leaf
- 2 sprigs fresh rosemary
- 2 pounds potatoes peeled and quartered
- 2 tablespoons cornstarch
- 1/4 cup water cold

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 130 milligrams
4. Fat: 41 grams
5. Fiber: 4 grams
6. Protein: 41 grams
7. SaturatedFat: 14 grams
8. Sodium: 830 milligrams
9. Sugar: 5 grams

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