

Beer Braised Pot Roast

Yield: 4 min
Total Time: 260 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-beer-braised-pot-roast-recipe>

Ingredients:

- 1 yellow onion medium
- 10 ounces cremini mushrooms
- 5 cloves garlic
- 2 tablespoons extra-virgin olive oil for beef
- 1 boneless beef chuck roast about 4 lb.
- 2 tablespoons salt
- 1 teaspoon black pepper
- 1 tablespoon light brown sugar packed
- 1 tablespoon extra-virgin olive oil for vegetables
- 4 sprigs fresh thyme
- 2 bottles Amber Ale or lager, 12 oz. per bottle

Nutrition:

1. Calories: 830 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 185 milligrams
4. Fat: 61 grams
5. Fiber: 2 grams
6. Protein: 57 grams
7. SaturatedFat: 21 grams
8. Sodium: 3720 milligrams
9. Sugar: 6 grams

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