

Swedish Pot Roast

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-pot-roast-recipe-pressure-cooker>

Ingredients:

- 2 tablespoons butter
- 1 tablespoon dried parsley
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon nutmeg
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 2 1/2 pounds shoulder roast English
- 2 tablespoons juices beef, from the cooked roast
- 2 tablespoons all purpose flour
- 2 teaspoons beef bouillon granules
- 1/8 teaspoon ground black pepper
- 2 cups milk

Nutrition:

1. Calories: 850 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 215 milligrams
4. Fat: 60 grams
5. Protein: 60 grams
6. SaturatedFat: 25 grams
7. Sodium: 450 milligrams
8. Sugar: 8 grams

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