

LiveBetter with MedWatch

Vegetable Pot Roast with Pasta

Ingredients

- 1 (3-pound) chuck roast, boned
- 3 medium sweet onions, each cut into 6 wedges
- 1 ½ pounds carrots, cut into 2-inch pieces
- 2 bay leaves
- ½ cup low-sodium beef broth
- ¼ cup Dijon mustard
- 3 Tbsp. red wine vinegar
- 1 Tbsp. low-salt Worcestershire sauce
- 1 ½ tsp. dried thyme
- 1 ½ tsp. dried parsley
- ¾ tsp. coarsely ground pepper
- ½ tsp. salt
- 3 garlic cloves, crushed
- 3 ½ Tbsp. all-purpose flour
- 3 Tbsp. water
- 1 (12-ounce) package wide egg noodles

Preparation

1. Trim fat from roast.
2. Place roast in a 5-quart electric slow cooker; add onion, carrot, and bay leaves.
3. In a small mixing bowl, combine beef broth, Dijon mustard, red wine vinegar, Worcestershire sauce, thyme, parsley, ground pepper, salt and garlic cloves; stir well and pour over roast.
4. Cover with lid; cook on low-heat setting for 8 hours.
5. Place roast, onion and carrots on a platter; set aside, and keep warm.
6. Reserve cooking liquid in slow cooker (turn cooker to high-heat setting).
7. Combine flour and water in a small bowl; stir with a whisk until blended.
8. Add flour mixture to reserved cooking liquid in slow cooker; cook, uncovered, on high-heat setting for 15 minutes or until thick stirring frequently.
9. Cook noodles according to package directions, omitting salt and fat. Drain.
10. Spoon gravy over roast and vegetables. Serve with noodles.

Makes 9 servings.



Nutrition Analysis

Per serving: 411 calories, 10 g fat (3 g saturated fat), 39 g protein, 40 g carbohydrate, 126 mg cholesterol, 427 mg sodium, 4 g fiber



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