

Beef and Butternut Squash Pot Roast



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Yield: 7 servings

Prep Time: 10 minutes.
Total Time: 160 minutes.

Ingredients

- 2 teaspoons olive oil
- 1 (3-pound) beef round roast, trimmed of excess fat
- 1 1/2 teaspoons salt
- 1/2 teaspoon black pepper
- 2 cups chopped onion
- 1 cup cooking red wine or water
- 1 (14-ounce) can fat-free, low-sodium beef broth
- 4 garlic cloves, chopped
- 1 bay leaf
- 4 cups cubed, peeled butternut squash
- 4 cups cubed, sweet potato

Preparation

1. Preheat oven to 350°.
2. Heat oil in a large Dutch oven over medium-high heat. Sprinkle beef with salt and pepper. Add beef to pan and brown on all sides and then remove from pan.
3. Add onion and sauté until browned. Return beef to pan. Add wine, broth, garlic, and bay leaf to pan and simmer.
4. Cover with lid or foil and bake at 350° for 1 1/2 hours.
5. Add squash and potato to pan. Cover and bake an additional 1 hour or until vegetables are tender. Remove from oven, discard bay leaf and serve.

Nutrition Facts

Serving size: 4 ounces beef / 1 cup vegetables

Amount Per Serving
Calories 423

Total Fat 8.8g

Cholesterol 103mg

Sodium 1030mg

Total Carbohydrate 38g

Dietary Fiber 7g

Protein 45g

Carbohydrate Serving 2



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