

**Crock Pot Recipe! Slow-Cooked Beef Roast & Steamed Broccoli** ~ choose one side item to complete your meal

**Slow-Cooked Beef Roast**

10 servings

- 2 tsp Vegetable oil
- 3 lb Boneless bottom round roast
- 1 tsp Salt
- ½ tsp Black pepper
- 1 large Onion, chopped
- 2 cloves Garlic, minced
- 14.5 oz can Beef broth
- 2 Tbsp Tomato paste
- 1 Tbsp Chipotle peppers in adobo sauce, minced (optional)



Heat oil in a 6-quart pot over medium-high heat and brown roast on all sides. Remove roast and place in a slow-cooker. Season with salt and pepper. Combine remaining ingredients and add to slow-cooker. Cover and cook on low for 8 hours or on high for 3-4 hours, or until fork tender.

**Note:** This recipe may be made in a crock pot or slow-cooker.

**Beef Recipe Nutrition per serving**

240 calories; 26 gm protein; 2 gm carbohydrate; 13 gm total fat; 5 gm saturated fat; 0 trans fat; 83 mg cholesterol; 0 fiber; 389 mg sodium

**Beef boneless bottom round roast on sale**

**Fresh onions on sale**

**Fresh broccoli on sale**

**To Make Steamed Broccoli:** with lid, and heat on medium high heat until water boils. Reduce heat to medium and steam for 6-8 minutes until tender-crisp. Or, prepare raw broccoli as above, then microwave on high until tender-crisp.

**Side Items:**

**1. Onion-Flavored Green Beans or French Green Beans** – Affordable, staple ingredient: Lowe's Foods Brand Frozen Green Beans or French Green Beans

To Make: Get out a cutting board and knife and chop up ½ small onion for topping. Cook frozen green beans according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

**2. Lightly Sauteed Greens** – Affordable, staple ingredient: Fresh greens such as spinach, kale, turnip or mustard

To Make: Get out a cutting board and knife, remove thick stems and chop greens coarsely. If using spinach, then chopping is not necessary. Heat a large skillet with 2 Tbsp oil and then add about 8 cups of greens and stir in hot pan for 2 minutes. Quickly, add 2 cloves of minced or sliced garlic and stir in pan. Dust with salt & pepper to taste.

**3. Chile Rice Pot** – Affordable, staple ingredients: Lowe's Foods Brand White Rice, Canned Red Kidney Beans, Stewed Diced Tomatoes with Italian Herbs and Frozen Corn

To Make: Place the following ingredients together in a large, shallow microwave dish: 1 cup white rice, 14 oz can stewed diced tomatoes with Italian herbs, 15 oz can red kidney beans (drained and rinsed), 2 cups frozen corn, 1 cup prepared salsa, 1 ½ cups water. Cover and microwave on HIGH for 25-30 minutes or until rice is tender and has absorbed almost all the liquid.

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