

## Pot Roast of Beef with Root Vegetables

Health Check™ qualified lean beef cross rib is featured in this delicious recipe.

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| 4 lb (2 kg)       | Boneless Cross Rib Beef Pot Roast                            |
| ½ tsp (2 mL)      | Salt   |
| ¼ tsp (1 mL)      | pepper   |
| 1 tbsp (15 mL)    | olive oil  |
| 2                 | onions, chopped  |
| 2                 | cloves garlic, finely chopped                                |
| 2 tbsp (25 mL)    | EACH chopped fresh rosemary and thyme, or 1 tsp (5 mL) dried |
| 2 cup(s) (500 mL) | EACH dry red wine and sodium-reduced beef stock or broth     |
| 2 tbsp (25 mL)    | balsamic or red wine vinegar                                 |
| 2                 | EACH onions, carrots and parsnips cut in chunks              |
| 4                 | Yukon Gold potatoes, peeled and cut in chunks                |
| 1                 | sweet potato, peeled and cut in chunks                       |
| 2 tbsp (25 mL)    | chopped fresh parsley  |

1. **Pat** roast dry; season with salt and pepper. Heat oil in Dutch oven on medium-high heat. Add roast; brown well on all sides, 10 to 15 minutes. Remove roast from pan. Discard all but 2 tsp (10 mL) oil from pan. Add chopped onions and garlic. Cook until tender, about 4 minutes. Add rosemary, thyme and wine; bring to boil. Cook, uncovered, for 10 to 15 minutes or until wine reduced to about 1 cup (250 mL).
  2. **Add** stock and vinegar; bring to boil and return beef to pan. Cover tightly; cook in preheated 350°F (180°C) oven for 1-1/2 hours. Arrange onions, carrots, parsnips, potatoes and sweet potato around roast. Cover and continue to cook for 1-1/2 hours or until vegetables and beef are tender.
  3. **Remove** beef to carving board and vegetables to serving platter; keep warm. Skim any fat from juices; simmer on top of stove, uncovered, until concentrated and flavourful. Slice meat, arrange over vegetables and spoon juices on top. Sprinkle with parsley.
- **Adapted from:** Recipe from HeartSmart™ Cooking. Copyright© 2006 by the Heart and Stroke Foundation of Canada and Bonnie Stern Cooking Schools Ltd. Published by Random House Canada.