

## Apple Orchard Pot Roast

SOURCE: Cooking Light, NOVEMBER 1999

### INGREDIENTS:

- 1 (3-lb) boneless beef bottom round roast
- 2 tsp vegetable oil
- 1 1/2 C apple juice
- 1 C dry white wine
- 1/2 C orange juice
- 1/2 tsp salt
- 6 garlic cloves, peeled
- 6 whole cloves
- 2 (1 x3") orange rind strips
- 1 (3") cinnamon stick
- 8 turnips (about 1 lb), peeled
- 6 carrots (about 3/4 lb), peeled/cut into thirds
- 4 parsnips (about 3/4 lb), peeled/cut into thirds
- 2 peeled baking potatoes (about 1 lb), halved and quartered
- 1 peeled sweet potato (about 1 lb), halved and quartered

### DIRECTIONS:

Preheat oven to 300° F. Trim fat from roast. Heat oil in Dutch oven over medium-high heat till hot - add roast; cook 5 minutes, browning on all sides. Add apple juice, wine + orange juice - scrape pan to loosen browned bits. Add salt, garlic, cloves, rind + cinnamon - bring to boil - remove from heat - cover - bake 1 hour. Remove from oven - turn roast over. Add vegetables to pan - cover/bake 2 additional hours. Increase oven temperature to 400° F (do not remove roast from oven) - bake, uncovered, 20 minutes or till roast is very tender. Remove roast and vegetables from pan - tent roast with foil - let stand 10 minutes before slicing. Strain cooking liquid through sieve into bowl - discard solids - serve with roast and vegetables.

Yield: 8 servings (serving size: 3 oz beef, about 1 C vegetable mixture, and 1/4 C gravy)

**NUTRITION PER SERVING: CALORIES 335 (18% from fat); FAT 6.7g (sat 2.1g, mono 2.5g, poly 0.9g); PROTEIN 32.2g; CARB 36g; FIBER 4.9g; CHOL 73mg; IRON 5.1mg; SODIUM 274mg; CALC 70mg**