

## Americana Pot Roast

SOURCE: Cooking Light, JANUARY 1999

### INGREDIENTS:

Cooking spray  
1 (4-lb) boned rump roast  
6 (1/4"-thick) sliced onion (about 3 medium)  
2 TBS Hungarian sweet paprika  
1/2 tsp dried basil  
1/2 tsp dried oregano  
1/2 tsp dried thyme  
3 Garlic cloves, crushed  
1/2 C water  
1/2 C dry red wine OR 2 TBS red wine vinegar  
1 (14 1/4-oz) can low-salt beef broth  
6 small red potatoes (about 1 lb)  
1/2 tsp salt  
1/4 tsp black pepper  
6 Carrots, cut into 1 1/2"-thick pieces (about 1 lb)

### DIRECTIONS:

Preheat oven to 300° F. Place Dutch oven coated with cooking spray over medium-high heat till hot - add roast, browning on all sides. Remove from pan - reduce heat to medium - add onion - sauté 10 minutes. Add paprika, basil, oregano, thyme + garlic - sauté 1 minute. Add water, wine + broth - bring to boil. Peel 1/2" strip around each potato. Stir in salt, pepper, carrots + potatoes. Return roast to pan. Cover/bake at 300° F for 2 hours - turn roast - cover and bake an additional hour or till tender. Serve with vegetables + broth.

Yield: 10 servings (serving size: 3 oz beef, 2/3 C vegetables + 1/4 C broth)

**NUTRITION PER SERVING: CALORIES 237 (22% from fat); FAT 5.7g (sat 1.9g, mono 2.1g, poly 0.4g); PROTEIN 30.1g; CARB 15.7g; FIBER 3g; CHOL 76mg; IRON 3.8mg; SODIUM 354mg; CALC 38mg**