

Beef Pot Roast with Root Vegetables



Rich in flavor, this homey comfort food gets a healthy makeover in this pot roast recipe with root vegetables. We replaced traditional beef chuck with leaner bottom round roast and replaced potatoes with parsnips and turnips that get sweeter and velvety soft as they cook. Pot roast makes a hearty dinner for the whole family, and even better, provides plenty of leftovers (try them in tacos!).

Total Time: 2 hr. 5 min. | **Prep Time:** 20 min. | **Cooking Time:** 1 hr. 45 min. | **Yield:** 8 servings

Ingredients:

- 1 tsp. olive oil
- 2 lb. raw lean beef bottom round roast, boneless, trimmed of excess fat
- ½ tsp. sea salt (or Himalayan salt)
- ½ tsp. ground black pepper
- 1 cup low-sodium organic beef broth (or vegetable broth)
- 2 medium onions, cut into eighths
- 4 cloves garlic, coarsely chopped
- 2 fresh thyme sprigs
- 1 bay leaf
- 2 medium carrots, cut in half lengthwise and cut into 2-inch pieces
- 2 medium parsnips, cut in half lengthwise and cut into 2-inch pieces
- 2 medium turnips, peeled, cut into eighths

Preparation:

1. Preheat oven to 350° F.
2. Heat oil in large oven proof saucepot (or Dutch oven) over medium-high heat.
3. Season beef with salt and pepper.
4. Add beef to saucepot; cook for 3 to 4 minutes on each side, or until browned.
5. Add broth; cook, stirring frequently, for 2 to 3 minutes, loosening browned meat from the bottom of the pan.
6. Add onions, garlic, thyme, and bay leaf; cook, stirring frequently, for 2 to 3 minutes. Cover saucepot. Bake for 45 minutes.
7. Turn beef over. Add carrots, parsnips, and turnips. Bake for 40 to 50 minutes, or until meat and vegetables are tender.

Nutrition Facts

Amount Per Serving	
Calories	292
Total Fat	9 g
Saturated Fat	3 g
Cholesterol	90 mg
Sodium	367 mg
Total Carbohydrate	14 g
Dietary Fiber	3 g
Sugars	6 g
Protein	36 g

Portions (per serving)

P90X® + P90X2®		
2½ Proteins	1 Vegetable	
P90X3®		
1 Carb	2 Proteins	½ Fat
Body Beast®		
5 Proteins	2 Vegetables	½ Fat
21 Day Fix®		
1½ Green	1½ Red	