



Pennsylvania Nutrition Education Network.  
(2015). Beef Pot Roast. MyPlate Kitchen.

# Pot Roast

**Makes 8 servings**  
**Prep Time: 15 minutes**  
**Cook Time: 2.5 hours**

## Ingredients

1/2 cup onion (chopped)  
2 tablespoons water  
2 1/2 pounds beef chuck roast (boneless)  
2 cups water (hot)  
1 beef bouillon (cube)

1/4 teaspoon allspice  
1/8 teaspoon pepper  
3 cups potatoes, chopped into 1-inch cubes  
2 Cups of baby cut carrots

## Directions

- In a small bowl, put the bouillon cube in 2 cups hot water. Stir it until the bouillon cube dissolves. This will make 2 cups of beef broth.
- In a medium bowl, stir together the broth, allspice, and pepper.
- Peel and chop the onion, to make 1/2 cup chopped onion.
- Put 2 tablespoons water in the pot. Heat on medium.
- Put the onion, potatoes, and carrots in the pot. Simmer it until tender.
- Add the roast to the pot. Brown it on all sides.
- Pour the broth mix over the meat in the pot.
- Cover and simmer for 2 hours.



Scan this QR code to watch a  
video of how to make it.

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