

Smoky Chipotle Pot Roast with Cornbread

Total Recipe Time: 2½ to 3½ hours

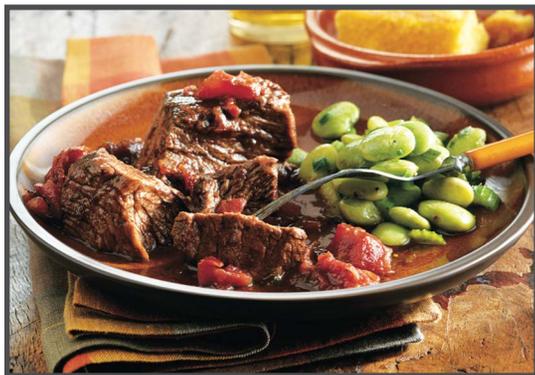
Makes 6 to 8 servings

Ingredients

- 1 beef Shoulder Roast, Arm Chuck Roast Boneless or Blade Chuck Roast Boneless (2½ to 4 pounds)
- 1½ teaspoons chipotle chili powder
- 1 tablespoon vegetable oil
- 1 can (14½ ounces) diced tomatoes with green chiles, undrained
- Prepared cornbread or corn muffins

Instructions

1. Press chili powder evenly onto all surfaces of beef roast. Heat oil in stockpot over medium heat until hot. Place pot roast in stockpot; brown evenly. Pour off drippings.
2. Add tomatoes; bring to a boil. Reduce heat; cover tightly and simmer 2 to 3 hours or until roast is fork-tender.
3. Remove roast; keep warm. Skim fat from cooking liquid. Return liquid to stockpot; bring to a boil. Cook 8 to 10 minutes or until sauce is reduced to 2 cups.
4. Carve roast into thin slices; top with sauce. Serve with cornbread.



Cook's Tip

One tablespoon chopped chipotle peppers in adobo sauce may be substituted for chipotle chili powder.

Nutrition information per serving, using Shoulder Roast, 1/6 of recipe: 218 calories; 10 g fat (3 g saturated fat; 4 g monounsaturated fat); 75 mg cholesterol; 277 mg sodium; 3 g carbohydrate; 0.1 g fiber; 29 g protein; 3.8 mg niacin; 0.3 mg vitamin B6; 3.2 mcg vitamin B12; 3.4 mg iron; 31.9 mcg selenium; 6.8 mg zinc.

Learn more at TxBeef.org



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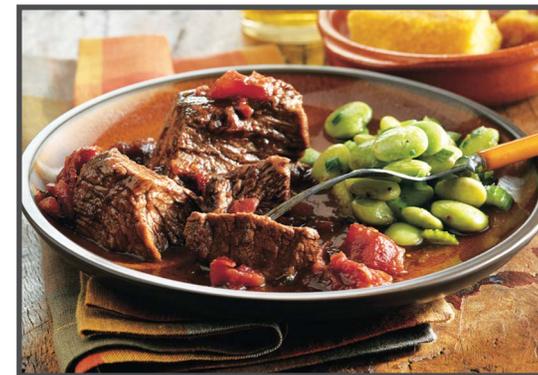
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