

Smoky Chipotle Pot Roast



2½-3½
HOURS



MAKES 8
SERVINGS



6
INGREDIENTS

Nutrition information per serving: 322 Calories; 189 Calories from fat; 21 g Total Fat (7.9 g Saturated Fat; 8.6 g Monounsaturated Fat); 117 mg Cholesterol; 202 mg Sodium; 2 g Total Carbohydrate; 0.7 g Dietary Fiber; 1 g Total Sugars; 30 g Protein; 24.3 mg Calcium; 2.6 mg Iron; 0.2 mg Riboflavin; 4.1 mg Niacin; 0.3 mg Vitamin B6; 2.1 mcg Vitamin B12; 6.7 mg Zinc; 41.5 mcg Selenium; 110.9 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B12, Zinc, Selenium, and Choline. It is a good source of Iron, Riboflavin, and Vitamin B6.

KEY MESSAGES

This recipe is great for busy parents. With only four ingredients and a simple cooking method, it's an easy weeknight solution.

Whether you're looking to fuel a busy day, maintain or lose weight or just want to create an easy meal that will satisfy the whole family, this recipe is the answer. Smoky Chipotle Pot Roast is an excellent source of protein and zinc and a good source of iron.

Use leftovers to create an easy, nutritious breakfast like the Beef Loving Texans Beefy Sweet Potato Hash (pg. 27). The leftover pot roast is perfect to reheat and include in this breakfast meal.

Demo Check List

GROCERY LIST

- 1 beef Shoulder, Arm or Blade Roasts, boneless** (2 ½-4 lbs. total)
- 1 ½ tsp. chipotle chili powder**
- 1 Tbsp. vegetable oil**
- 1 can diced tomatoes with green chilies** (14 ½ oz.)
- Prepared cornbread or corn muffins for side**
- Prepare mixed greens salad for side or steamed veggies for side** (optional)

EQUIPMENT LIST

- 2 large cutting boards**
- 1 carving knife**
- 2 Dutch ovens or stockpots with lids** (one will contain the hero roast)
- 1 can opener**
- 2 forks**
- 1 pair of tongs**
- 2 large spoons**
- 2 white plates**
- 2 tiny clear glass bowls**
- 2 small clear glass bowls**
- 1 white hero plate for roast and cornbread**
- Measuring spoons**

SMOKY CHIPOTLE POT ROAST

Ingredients

1 **beef Shoulder Roast, Arm Chuck Roast** boneless or **Blade**

Chuck Roast boneless (2 ½-4 lbs. total)

1 ½ tsp. **chipotle chili powder**

1 Tbsp. **vegetable oil**

1 can **diced tomatoes with green chilies**, undrained (14 ½ oz.)

Prepared cornbread or **corn muffins**

Prepare mixed greens salad for side or **steamed veggies for side** (optional)

Introduction

This yummy and comforting Smoky Chipotle Pot Roast combines the unique smoky flavor of chipotle chili powder with tomatoes and green chilies that will tantalize your taste buds and provide variety in your weeknight meal plan. Add a side of broccoli, green beans or a side salad to complete this nutritious, delicious meal.

Choose the right beef cut for low and slow moist-heat cooking methods: Chuck Roast, Brisket, Shoulder Roast and Rump Roast work great in this recipe.

The essential nutrients found in beef, like protein, iron, zinc and B vitamins, provide our bodies and minds with the fuel we need at all stages of life to be the strongest version of ourselves. Beef's combination of nutrients builds strong bodies and strong minds.

This roast recipe has four ingredients. Just four! It's so easy to braise on the weekends or even throw in the slow cooker on a weekday morning and return to a home cooked meal in the evening.

DEMONSTRATION

① **Press chili powder evenly onto all surfaces of beef roast. Heat oil in Dutch oven or stockpot over MEDIUM heat until hot. Place pot roast in Dutch oven or stockpot; brown evenly on all sides. Pour off drippings.**

- Today I am using a 3 lb. beef shoulder roast. I am going to season it with 1 ½ tsp. chili powder before adding to the Dutch oven or stockpot that I have heated with a Tbsp. of oil over MEDIUM heat. I am going to brown the roast evenly on all sides.
- If you like a lot of spice, consider doubling the amount of chipotle chili powder, but be careful not to overdo it if you have young diners.

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② **Add tomatoes; bring to a boil. Reduce heat; cover tightly and simmer 2 to 3 hours or until roast is fork-tender.**

- If you are looking to lower your sodium, use no-salt-added canned goods, such as the tomatoes in this recipe.
- You can easily incorporate more veggies into this recipe. Consider adding onions, carrots and bell peppers to the pot with the beef. Just remember, vegetables cook faster than the beef, so veggies should be added during the last half of simmering.
- You can also cook the roast in an oven pre-heated to 325°F or in a slow cooker.
- If you cook the roast at a full boil, it may become tough rather than tender. Remember, “low and slow” is the trick.

③ **Remove roast; keep warm. Skim fat from cooking liquid. Return liquid to Dutch oven or stockpot; bring to a boil. Cook 8 to 10 minutes or until sauce is reduced to 2 cups.**

- Once the roast is done I am going to remove it and set aside while I skim fat from the cooking liquid.
- This is an easy way to lower the fat content in a simple step.

④ **Carve roast into thin slices; top with sauce. Serve with cornbread and side salad or veggies.**

- You can also shred the beef and use this as a shredded beef taco filling. Add it to a breakfast taco to get 25 g of protein to jump-start your day.
- This pot roast can be frozen in small batches using moisture and vapor-proof freezer containers.
- This recipe is also amazing the next day for leftovers.

Closing

Pairing lean beef with delicious veggies and whole grains provides a well-balanced meal that your family will love.

Using a slowcooker to make this roast allows you to eat a healthful meal without monopolizing your time and attention.

Eating nutrient-rich foods satisfies your body, helping you feel full longer while providing much needed nutrients.

For more easy, slow cooker recipes, visit BeefLovingTexans.com/recipes.