

# Cajun Pot Roast with Maque Choux

*Best Slow Cooker Recipes*  
*Pillsbury Classic Cookbook #370*

## Servings: 6

1 (2 to 2-1/2 pound) boneless beef  
chuck roast  
1 tablespoon Cajun seasoning  
1 box (9 ounce) frozen corn, thawed  
1 medium (1/2 cup) onion, chopped  
1 small (1/2 cup) green bell pepper,  
chopped  
1 can (14.5 ounce) organic diced  
tomatoes, undrained  
1/8 teaspoon pepper  
1/2 teaspoon red pepper sauce

## Preparation Time: 10 minutes

Spray a 3-1/2- to 4-quart slow cooker with cooking spray.

Rub all sides of the beef with Cajun seasoning and place in the slow cooker. Top with corn, onion and bell pepper.

In a small bowl, mix the tomatoes, pepper and pepper sauce. Pour over the beef and vegetables.

Cover and cook on LOW heat setting for eight to ten hours.

Remove the beef from the slow cooker to a cutting board. Cut into slices.

Using a slotted spoon, remove the corn mixture from the slow cooker and serve with the beef.

Start to Finish Time: 8 hours 10 minutes

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Per Serving (excluding unknown items): 29 Calories; trace Fat (7.3% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 109mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

Beef, Slow Cooker

## Per Serving Nutritional Analysis

Calories (kcal):	29	Vitamin B6 (mg):	.1mg
% Calories from Fat:	7.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	80.8%	Thiamin B1 (mg):	trace

**% Calories from Protein:** 12.0%  
**Total Fat (g):** trace  
**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 7g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 1g  
**Sodium (mg):** 109mg  
**Potassium (mg):** 93mg  
**Calcium (mg):** 6mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 20mg  
**Vitamin A (i.u.):** 143IU  
**Vitamin A (r.e.):** 14 1/2RE

**Riboflavin B2 (mg):** trace  
**Folacin (mcg):** 13mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 29 **Calories from Fat:** 2

#### % Daily Values\*

<b>Total Fat</b>	trace	0%
	Saturated Fat trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	109mg	5%
<b>Total Carbohydrates</b>	7g	2%
	Dietary Fiber 1g	5%
<b>Protein</b>	1g	
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<b>Vitamin A</b>		3%
<b>Vitamin C</b>		33%
<b>Calcium</b>		1%
<b>Iron</b>		1%

\* Percent Daily Values are based on a 2000 calorie diet.