

# Weeknight Pot Roast

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

## Servings: 6

*cooking spray*  
*1 package (8 ounce) sliced fresh mushrooms*  
*1 container (8 ounce) refrigerated prechopped green bell pepper*  
*1 (2 pound) boneless beef shoulder pot roast*  
*6 tablespoons ketchup*  
*1/4 cup water*  
*1 tablespoon Worcestershire sauce*  
*1/2 teaspoon pepper*  
*1/4 teaspoon salt*  
*hot cooked polenta (if desired)*  
*chopped fresh parsley (if desired)*

## Preparation Time: 10 minutes

Spray a 3-1/2- to 4-quart slow cooker with cooking spray. Place the mushrooms and bell pepper in the slow cooker.

Spray a twelve-inch skillet with cooking spray. Heat over medium-high heat. Spray the roast with cooking spray and add to the skillet. Cook for 3 minutes on each side or until browned. Place the roast over the vegetables in the slow cooker.

In a small bowl, stir the ketchup, water, Worcestershire sauce, pepper and salt until blended. Pour over the roast.

Cover and cook on LOW heat setting for eight to nine hours or until the beef is very tender. Serve the beef with the vegetables and sauce and, if desired, the hot cooked polenta. Garnish with parsley.

Start to Finish Time: 8 hours 10 minutes

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Per Serving (excluding unknown items): 19 Calories; trace Fat (2.9% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 292mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fat; 1/2 Other Carbohydrates.

Beef, Slow Cooker

## Per Serving Nutritional Analysis

Calories (kcal):	19	Vitamin B6 (mg):	trace
% Calories from Fat:	2.9%	Vitamin B12 (mcg):	0mcg

<b>% Calories from Carbohydrates:</b>	90.5%
<b>% Calories from Protein:</b>	6.6%
<b>Total Fat (g):</b>	trace
<b>Saturated Fat (g):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace
<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	5g
<b>Dietary Fiber (g):</b>	trace
<b>Protein (g):</b>	trace
<b>Sodium (mg):</b>	292mg
<b>Potassium (mg):</b>	105mg
<b>Calcium (mg):</b>	7mg
<b>Iron (mg):</b>	trace
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	7mg
<b>Vitamin A (i.u.):</b>	155IU
<b>Vitamin A (r.e.):</b>	16RE

<b>Thiamin B1 (mg):</b>	trace
<b>Riboflavin B2 (mg):</b>	trace
<b>Folacin (mcg):</b>	3mcg
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refined:</b>	0.0%

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### Food Exchanges

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

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## Nutrition Facts

Servings per Recipe: 6

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### Amount Per Serving

**Calories** 19 Calories from Fat: 1

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#### % Daily Values\*

<b>Total Fat</b> trace	0%
Saturated Fat trace	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 292mg	12%
<b>Total Carbohydrates</b> 5g	2%
Dietary Fiber trace	1%
<b>Protein</b> trace	
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<b>Vitamin A</b>	3%
<b>Vitamin C</b>	12%
<b>Calcium</b>	1%
<b>Iron</b>	2%

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