

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Slow Cooker Market Fresh Pot Roast

Makes: 8 servings • **Active Time:** 20 minutes • **Total Time:** 8 hours

Ingredients

- 1 lb. new potatoes
- 2 cups pearl onions, peeled
- 1 boneless beef chuck or blade roast (2 lb.)
- ½ cup KRAFT Classic Balsamic Vinaigrette Dressing
- ¼ cup fat-free reduced-sodium beef broth
- ¼ cup chopped fresh parsley



Preparation

Place all ingredients except parsley in a slow cooker

Cook on low for 8-9 hours or on high for 6-7 hours

Transfer meat to cutting board; cut across the grain into thin slices. Place on platter; surround with vegetables. Skim fat from sauce; discard fat. Drizzle sauce over meat and vegetables. Top with parsley.

Nutrition

Per 1 serving : 210 calories, 8 g fat, (2g saturated fat), 210 mg sodium, 15g carbohydrate, 2g fiber, 18g protein

Tip

Add carrots to the pot roast for some vegetables: or cook your favorite vegetable to pair alongside this.