



Featuring
Chef Darryl Crumb

Eat Like An Athlete

Presented By Manitoba Beef Producers

Slow Cooker Marvellous Mushroom Pot Roast

Pot roasts make the most comforting one-pot meals. And bonus – they’re so simple to make: Just brown meat and flavourings, add a liquid for cooking, cover and slow-simmer - that’s all there is to it! This recipe is low in calories and packs an incredible 31 grams of protein per serving.

4 lb (1.81 kg) Beef Pot Roast (e.g. Cross Rib, Blade or Brisket)

Coarsely ground sea salt or kosher salt and pepper

2 tbsp (30 mL) vegetable oil

3 cloves garlic, minced

1 cooking onion, cut into wedges lengthwise

¼ cup (50 mL) red wine or beef broth

1 can, (284 mL) condensed mushroom soup, undiluted

½ cup (125 mL) dried mushrooms (optional)

1 cup (250 mL) quartered button mushrooms

1 cup (250 mL) diced green beans (optional)

1. Pat roast dry; season with salt and pepper. Heat oil in Dutch oven on medium-high heat. Add roast; brown well on all sides, 10 to 15 minutes. Remove roast from pan.
2. Add garlic and onion to pan. Reduce heat to medium; cook until lightly browned, about 3 to 4 minutes (NOTE: add splash of water to prevent scorching if needed). Stir in wine, scraping up browned bits from bottom of pan. Stir in soup. Soak dried mushrooms (if using) in 1/2 cup (125 mL) hot water. Strain, reserving liquid; add soaked mushrooms and reserved liquid to pan.
3. *Transfer roast and liquid from pan to slow cooker insert. Add fresh mushrooms; cover and cook on LOW for 6 to 8 hours until roast is fork-tender.
4. Remove roast to cutting board; cover with foil and towel to keep warm. Add green beans (if using) to sauce; cover and cook on HIGH for 30 minutes or until veggies are tender. Season sauce to taste. Serve roast with the vegetables and sauce.



RECIPE COURTESY OF CANADA BEEF

Difficulty: Easy
Cooking: 6 hr

Preparation: 10 min
Makes: Makes 12 servings. servings

Nutritional Information

Per Serving (276 calories, 33 g protein, 14 g fat, 3 g carbohydrate, 259 mg sodium, 3.5 mg iron (25% DV), 8 mg zinc (89% DV)

Did You Know?

Current dietary guidelines tell us that adults can safely consume 10 to 35% of their daily energy (calories) from protein. This translates to a range of about 50 to 175 grams of protein for an adult who eats 2,000 calories a day. Most Canadians eat well within this range. In fact, average adult protein intakes are at the lower end of the range, at about 17% of energy. This suggests most people can enjoy more protein-rich foods, which may benefit their health.



If You Can't Play Like An Athlete You Can Still Eat Like One!

