

Slow Cooker Pot Roast with Sweet Potatoes



Serves 8

Ingredients:

- 6 medium sweet potatoes, cut into chunks
- 1 yellow onion, sliced
- 3- $\frac{1}{2}$ to 4 pounds beef chuck roast
- $\frac{1}{4}$ teaspoon celery seeds
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ teaspoon ground black pepper

- 1/4 teaspoon ground cardamom seeds
- 3/4 cup beef broth

Instructions:

1. Place sweet potatoes and onions in the bottom of a slow cooker. Place beef roast on top of the vegetables. Distribute broth and spices evenly over the meat and vegetables.
2. Place lid on slow cooker, and set to low for eight hours.
3. To serve, slice roast into thin slices and arrange vegetables on serving plate. Spoon reserved juices over the meat, and enjoy.

Note:

To make a gravy, skim excess fat from meat juices, then transfer 1-1/2 cups of juice to a small saucepan. Dissolve 1-1/2 tablespoons arrowroot powder in 3 tablespoons water, then whisk into meat juices while heating over medium heat. Continue whisking over heat until the mixture reaches a low boil and begins to thicken.

Nutrition per serving: Calories 484; Total Fat 23.8 g; Saturated Fat 9.4 g; Monounsaturated Fat 10.1 g; Polyunsaturated Fat 0.9 g; Total Carbohydrates 21.2 g; Dietary Fiber 3.3 g; Sugar Alcohols 0.1 g; Sugars 4.7 g; Protein 43.8 g; Sodium 227 mg