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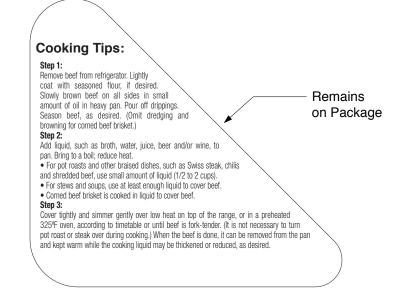


Photo and Recipe Courtesy of The Beef Checkoff Makes 6 to 8 servings. 3. Cook liquid and vegetables over medium-high heat to desired consistency. Carve pot roast

pepper, bring to a boil. Cover flightly and cook in 325°F oven 2 to 2-1/2 hours or until pot roast is tork-tender. Remove pot roast, keep warm. attached to pan are dissolved. Return pot roast. Add onions, shallots, dates, salt and oven over medium heat until hot. Brown pot roast, remove. 2, Add 7-1/2 cups water and vinegar to Dutch oven; cook and stir until brown bits

1. Heat oven to 325°F. Lightly coat beef pot roast with flour. Heat oil in Dutch 1/4 to 1/2 teaspoon pepper 1/4 cup chopped pitted dates
1/2 teaspoon salt 2 small onions, halved, sliced 4 medium shallots, sliced 1/4 cup balsamic vinegar lio evilo snooqseldst S 1/4 cup all-purpose flour (Sound & of S\f-S)

1 poueless peet chuck shoulder pot roast

BRAISED BEEF MEDITERRANEAU

BRAISED BEEF WITH MUSHROOMS & BARLEY

Ingredients:
1 boneless beef chuck arm, blade or shoulder

pot roast (about 3 pounds) 1 tablespoon vegetable oil 1 tablespoon vegetated in 1 tablespoon vegetated in 1 traespoon salt 1/4 teaspoon pepper 1/2 pound medium cremini or buttom unsthrooms, halved 1 medium onion, chopped 3 large cloves garlic, minced 1-1/4 cups ready-to-serve beef broth 1 bay leaf 1/2 cup medium pearl barley cup frozen peas, defrosted 1/3 cup dairy sour cream (optional) 1. Heat oil in Dutch oven over medium heat until hot. Brown heef not roast: remove. Season

with salt and pepper. 2. Add mushrooms, onion and partic to Dutch oven; cook and stir until onion is lightly browned. Add broth and bay leaf. Return pot roast; bring to a boil. Reduce heat; cover tightly and simmer 1-1/2 hours Stir in barley; continue cooking, covered, 45 to 60 minutes or until pot roast is fork-tender. Remove pot roast; keep warm. Discard bay leaf.

3. Add peas and sour cream to barley. Cook and stir over low heat just until heated through. Carve pot roast, Serve

Makes 6 to 8 servings.

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Makes 6 servings.

mixture; cook and stir 1 minute or until thickened and bubbly. Carve pot roast. Serve with vegetables and sauce. 3. Skim fat from cooking liquid. Measure and return 2 cups cooking liquid to Dutch oven. Stir in cornstarch TOTA-TENDER: REMINDE DOL FORST AND VEGELABIES; KEEP WATTIL.

vegetables; continue cooking, covered, 30 to 45 minutes or until pot roast and vegetables are medium heat until hot. Brown pot roast. Pour off drippings. 2. Add 3/4 cup water, bring to a boll. Reduce heat; cover tightly and simmer 2 hours. Add

1. Combine seasoning ingredients; press onto beef pot roast. Heat oil in Dutch oven over 1/2 teaspoon each salt and lemon pepper

1 teaspoon dried oregano 1 clove garlic, minced 1-1/2 tablespoons cornstarch dissolved in 3 tablespoons water Seasoning:

2 large parsnips, cut into 2-1/2 x 1/2-inch pieces 1 small leek, cut into 1-1/2 inch pieces 8 small red-skinned potatoes, halved 2 large carrots, cut into 2-1/2 x 1/2-inch pieces

T tablespoon vegetable oil 3-1/2 pounds) 1 poueless peet chuck arm pot roast (3 to Ingredients:

ROOT VEGETABLES HTIW TSA0A T09 ИМИТИА

BRAISED BEEF WITH MUSHROOMS & BARLEY

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1 bay leaf
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1 cup frozen peas, defrested

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Back of Front - Rotating

LADEL SHOWN ACTUAL SIZE

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