

# Pot Roast of Beef with Vegetables

Category: Entrees:Meat:Beef  
 Master Ref:

Portion: 7 ounces

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
157 kcal	9 gm	10 gm	9 gm	51 %	32 mg	51 mg	1 gm	23 mg

Step	Ingredients	70 Servings Amount	140 Servings Amount	280 Servings Amount
1	Potatoes,Fresh,100 Count	4 lb	8 lb	16 lb
2	Carrots,Fresh	4 lb	8 lb	16 lb
	Onions,Fresh	2 lb	4 lb	8 lb
	Beef,Pot Roast (10# ave)	1 each	2 each	4 each
	Water	1 gal	2 gal	4 gal

- 1 Peel potatoes, cut into quarters.
- 2 Put all ingredients in steam kettle, including liquid from package of meat. Bring to a boil.
- 3 Lower heat and simmer until vegetables are al dente (approximately 1 hour). Do not overcook or vegetables and meat will fall apart.
- 4 Remove from kettle. Slice meat and arrange with vegetables in 2" insert.
- 5 Use stock to make gravy.

Serving Temp: 165 degrees  
 Serving Pan: 2" Insert  
 Serving Utensil: Tongs and Spoon

# Pot Roast of Beef with Vegetables

<b>Nutrition Facts</b>	
Serving Size 7 ounces (168g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 157	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 4g	<b>18%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 4g	
<b>Cholesterol</b> 32mg	<b>11%</b>
<b>Sodium</b> 51mg	<b>2%</b>
<b>Potassium</b> 328mg	<b>9%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 2g	
<b>Protein</b> 10g	<b>20%</b>
Vitamin A 87%	● Vitamin C 7%
Calcium 2%	● Iron 6%
Thiamin 6%	● Riboflavin 5%
Niacin 14%	● Vitamin B6 17%
Folacin 4%	● Vitamn B12 13%
Phosphorus 11%	● Zinc 16%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	<b>Calories:</b> 2,000 2,500
<b>Total Fat</b>	Less than 65g 80g
<b>Sat Fat</b>	Less than 20g 25g
<b>Cholesterol</b>	Less than 300mg 300mg
<b>Sodium</b>	Less than 2400mg 2400mg
<b>Total Carbohydrate</b>	300g 375g
<b>Dietary Fiber</b>	25g 30g
<b>Calories per gram:</b>	
<b>Fat</b> 9	* <b>Carbohydrate</b> 4 * <b>Protein</b> 4