

# Classic Pot Roast

- 2 tablespoons + 2 teaspoons olive oil
  - 2 pounds bottom or top round boneless roast
  - 2 onions, finely chopped
  - ½ carrot, finely chopped
  - 1 celery stalk, finely chopped
  - 2 garlic cloves, minced
  - 1 ½ teaspoons minced rosemary, or ½ teaspoon dried leaves, crumbled
  - 1 ½ teaspoons minced sage
  - ½ cup dry red wine
  - 1 cup chopped canned plum tomatoes, with juice
  - 1 cup low-sodium beef broth
  - Salt and freshly ground pepper, to taste
1. In a large nonstick saucepan or Dutch oven, heat oil. Add the roast and brown on all sides. Transfer the roast to a plate. Add the onions, carrot, celery, garlic, rosemary, sage. Sauté, stirring constantly, until the vegetables are golden and fragrant, about 10min.
  2. Add the wine, return roast to pan; cook 2 minutes. Stir in the tomatoes, broth, salt and pepper. Partially cover and bring to a boil. Reduce heat and simmer

3. Turn meat occasionally, until tender when tested with a fork, about 2 hours. Skim all the fat from the gravy before serving.

202 Calories, 10 g Total fat, 2 g Saturated fat, 60 mg Cholesterol, 245 mg Sodium, 5g Total Carbohydrates, 1g Dietary fiber, 7g Protein, 26 mg Calcium.

Points per serving 5 (Makes 8 Servings)

