

Smoky Chipotle Pot Roast with Cornbread

Total preparation and cooking time: 2-1/2 to 3-1/2 hours

1 boneless beef chuck shoulder, arm or blade pot roast (2-1/2 to 4 pounds)

1-1/2 teaspoons chipotle chili powder

1 tablespoon vegetable oil

1 can (14-1/2 ounces) diced tomatoes with green chiles, undrained

Prepared cornbread or corn muffins

1. Press chili powder evenly onto all surfaces of beef pot roast. Heat oil in stockpot over medium heat until hot. Place pot roast in stockpot; brown evenly. Pour off drippings.
2. Add tomatoes; bring to a boil. Reduce heat; cover tightly and simmer 2 to 3 hours or until roast is fork-tender.
3. Remove roast; keep warm. Skim fat from cooking liquid. Return liquid to stockpot; bring to a boil. Cook 8 to 10 minutes or until sauce is reduced to 2 cups.
4. Carve roast into thin slices; top with sauce. Serve with cornbread.

Makes 6 to 8 servings

Cook's Tip: One tablespoon chopped chipotle peppers in adobo sauce may be substituted for chipotle chili powder. Rub peppers evenly onto

all surfaces of roast as above.

Nutrition information per serving, using chuck arm roast, 1/6 of recipe: 350 calories; 23 g fat(8 g saturated fat; 9 g monounsaturated fat); 101 mg cholesterol; 251 mg sodium; 3 g carbohydrate; 0.1 g fiber; 31 g protein; 4.5 mg niacin; 0.3 mg vitamin B₆; 2.3 mcg vitamin B₁₂; 2.7 mg iron; 28.7 mcg selenium; 7.1 mg zinc.

This recipe is an excellent source of protein, niacin, vitaminB₁₂, selenium and zinc; and a good source of vitaminB₆ and iron.

Nutrition information per serving, using chuck arm roast, 1/8 of recipe: 262 calories; 17 g fat(6 g saturated fat; 7 g monounsaturated fat); 76 mg cholesterol; 189 mg sodium; 2 g carbohydrate; 0.1 g fiber; 24 g protein; 3.3 mg niacin; 0.2 mg vitamin B₆; 1.7 mcg vitamin B₁₂; 2.0 mg iron; 21.5 mcg selenium; 5.3 mg zinc.

This recipe is an excellent source of protein, vitaminB₁₂, selenium and zinc; and a good source of niacin, vitaminB₆ and iron.

Nutrition information per serving, using chuck blade roast, 1/6 of recipe: 303 calories; 17 g fat(6 g saturated fat; 7 g monounsaturated fat); 113 mg cholesterol; 277 mg sodium; 3 g carbohydrate; 0.1 g fiber; 34 g protein; 2.9 mg niacin; 0.3 mg vitamin B₆; 2.6 mcg vitamin B₁₂; 4.0 mg iron; 28.4 mcg selenium; 10.9 mg zinc.

This recipe is an excellent source of protein, vitaminB₁₂, iron, selenium and zinc; and a good source of niacin and vitaminB₆.

Nutrition information per serving, using chuck blade roast, 1/8 of recipe: 227 calories; 12 g fat(4 g saturated fat; 5 g monounsaturated fat); 85 mg cholesterol; 208 mg sodium; 2 g carbohydrate; 0.1 g fiber; 25 g protein; 2.2 mg niacin; 0.2 mg vitamin B₆; 2.0 mcg vitamin B₁₂; 3.0 mg iron; 21.3 mcg selenium; 8.2 mg zinc.

This recipe is an excellent source of protein, vitaminB₁₂, selenium and zinc; and a good source of niacin, vitaminB₆ and iron.

Nutrition information per serving, using chuck shoulder roast, 1/6 of recipe: 218 calories; 10 g fat(3 g saturated fat; 4 g monounsaturated fat); 75 mg cholesterol; 277 mg sodium; 3 g carbohydrate; 0.1 g fiber; 29 g protein; 3.8 mg niacin; 0.3 mg vitamin B₆; 3.2 mcg vitamin B₁₂; 3.4 mg iron; 31.9 mcg selenium; 6.8 mg zinc.

This recipe is an excellent source of protein, vitaminB₁₂, selenium and zinc; and a good source of niacin, vitaminB₆ and iron.

Nutrition information per serving, using chuck shoulder roast, 1/8 of recipe: 164 calories; 7 g fat(2 g saturated fat; 3 g monounsaturated fat); 57 mg cholesterol; 208 mg sodium; 2 g carbohydrate; 0.1 g fiber; 22 g protein; 2.8 mg niacin; 0.2 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 2.5 mg iron; 23.9 mcg selenium; 5.1 mg zinc.

This recipe is an excellent source of protein, vitaminB₁₂, selenium and zinc; and a good source of niacin, vitaminB₆ and iron.