



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Beef Pot Roast

Ingredients:

- 3 potatoes pared and thinly sliced
- 3 carrots pared and thinly sliced
- 2 onions peeled and sliced
- 1½ teaspoon salt
- ¼ teaspoon pepper
- 4 pounds top round roast
- ½ cup water

Makes 10 servings - 13% calories from fat

Instructions:

1. Put vegetables in bottom of crock-pot.
2. Salt and pepper meat, place in crock-pot on top of vegetables. Add liquid.
3. Cover and cook on low for 10–12 hours or high for 5 to 6 hours.

Note:

- Remove meat and vegetables with spatula and thicken juices for gravy, if desired.

Nutrition Facts	
Serving Size 1 1/4 cup	
Servings Per Container 10	
Amount Per Serving	
Calories 310	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 480mg	20%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 43g	
Vitamin A 70%	Vitamin C 15%
Calcium 2%	Iron 25%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	



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