

PREPARATION: 10 MINUTES

COOKING: 8 HOURS

SERVINGS: 8

SLOW COOKER POT ROAST



Nutrient Analysis

PER SERVING: 1/8 of recipe

RENAL EXCHANGE: 3 Meat + 2 Vegetable

Calories	181 Kcal	Sodium	102 mg
Protein	24 g	Potassium	567 mg
Total Carbohydrate	7 g	Phosphorus	250 mg
Fiber	1 g	Calcium	41 mg
Sugars	2 g	Iron	3 mg
Fat	6 g	Magnesium	34 mg
Saturated	2 g	Vitamin C	5 mg
Cholesterol	83 mg		

Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

SLOW COOKER POT ROAST

INGREDIENTS

4 whole shallots, peeled and cut in half

1 cup button mushrooms, halved

½ cup no salt added beef broth*

2 tablespoons cornstarch

½ teaspoon dry rosemary

½ teaspoon dry thyme

½ teaspoon garlic powder

¼ teaspoon ground black pepper

2 lb beef chuck roast

2 cups frozen green beans

* Choose the broth with the lowest sodium content but be aware that low sodium products often contain more potassium. Look for potassium chloride under ingredients on the label. You can replace the beef stock with water or wine or a combination of both.

PREPARATION

- 1 Turn the slow cooker** setting to LOW.
- 2 Add the shallots and mushrooms to the bottom of the slow cooker. Make a mixture with the beef broth and cornstarch. Pour over the vegetables.
- 3 Mix the rosemary, thyme, garlic powder, and pepper and rub the roast with it. Place the roast on top of the vegetables and close the lid.
- 4 After 7 ½ hours, check for doneness. The roast should be fork tender.
- 5 Add the green beans to the slow cooker and continue cooking for 30 more minutes.
- 6 Serve pot roast with noodles or rice.

**If using the oven: Choose 350°F and roast in a Dutch oven or heavy pot for 3 hours (covered).



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