

BEEF POT ROAST

4 Servings, about 3 ounces beef each, plus 4 servings for another meal

Onion, chopped	1/2 cup
Water	2 tablespoons
Beef chuck roast, boneless	2-1/2 pounds
Hot water	2 cups
Beef bouillon	1 cube
Orange juice	2 tablespoons
Ground allspice	1/4 teaspoon
Pepper	1/8 teaspoon

PREPARATION TIME: 20 MINUTES

COOKING TIME: 2 HOURS

1. Simmer onion until tender in 2 tablespoons water in heavy, deep skillet.
2. Add roast to skillet; brown on sides.
3. Combine beef bouillon cube with 2 cups hot water; stir until dissolved.
4. Combine orange juice, allspice, pepper, and beef broth. Pour over meat. Cover and simmer, about 2 hours.

PER SERVING:

Calories	220
Total fat	9 grams
Saturated fat	3 grams
Cholesterol	91 milligrams
Sodium	264 milligrams