

Mom's Best Pot Roast

Servings: ~9

Ingredients:

- 3½ lbs. boneless sirloin roast
- *Garlic Mrs. Dash*
- 8 *Medium potatoes* (~ 3 lbs.), cut into 1-inch cubes
- 1½ c. *carrots*, sliced
- 1 medium *onion*, sliced
- *Cooking spray*

Directions:

1. Preheat oven to 325 degrees F.
2. Spray a large (deep) casserole dish or Dutch oven with cooking spray.
3. Cover the bottom of the dish evening with the sliced onion.
4. Center the meat on the onion, then surround the meat with the potatoes and then carrots.
5. Season the meat by sprinkling with *Garlic Mrs. Dash* (or as you prefer)
6. Cover with aluminum foil and cook for 1½ hours.
7. Uncover, and cook another ½-hour.

Nutrition: (Serving size: ~6 oz. of meat, ¾ c. potatoes and ¼ c. of carrots)

calories: 388 *protein:* 44g *total carbohydrate:* 36g *total fat:* 7.2g
sugars: 5g *sodium:* 151mg *dietary fiber:* 3.79g *saturated fat:* 2.9g