

## Cooking with Beef Chuck Roast



Beef chuck roast is an excellent source of protein, vitamin B<sub>12</sub> and iron.

A serving size is about 3 ounces, which is about the size of a deck of playing cards. A 3-pound roast will make about eight servings.

### How to thaw it

The day before you plan to cook a roast that has been frozen, place it on a plate on the lowest shelf in the refrigerator. This will keep any raw meat juices from spilling onto other foods.

Once the roast is thawed, cook it within 2 days.

**Note:** It may take as many as 15 hours for the roast to thaw in the refrigerator. Do not thaw the roast out at room

temperature. Even though you cook the roast, it could make you sick.

### How to store it

Keep the roast in your freezer until it is ready to be thawed and cooked.

Once a roast is cooked, store any leftovers in a covered container and place in the refrigerator right away.

Use cooked roast within 3 days.

### Using leftover roast

Slice leftover roast beef to make sandwiches. For a barbecue sandwich, mix sliced roast beef with barbecue sauce and heat it. Serve it on a bun.

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## Preparing Beef Chuck Roast (makes 8 servings, 3 ounces each)

### What you need

- 1 clove garlic, crushed
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 teaspoon dried oregano leaves (if you like)
- 1 tablespoon vegetable oil
- 3-pound chuck roast, thawed
- ¾ cup water
- 1 small onion, chopped
- 4 carrots, washed, peeled and cut in half (if you like)
- 8 small red potatoes, washed and cut in half (if you like)

### How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Mix the garlic, salt, pepper and oregano. Press the mixture into the surface of the roast.
3. Heat the vegetable oil in a Dutch oven or large pot. Add the roast beef and brown it evenly.
4. Add the water and chopped onion to the roast; bring it to a boil. Reduce the heat to low, cover the pot and let simmer for 2½ hours or until the roast has an inside temperature of at least 145 degrees.
5. Add the carrots and potatoes about 30 minutes before the roast is done.

**Tip:** Serve beef chuck roast with rice and green beans.

Adapted from *Commodity Fact Sheet for USDA Household Programs: Beef Chuck Roast* by Jenna Anding, Associate Professor and Extension Nutrition Specialist, The Texas A&M System.



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