Horseradish-Braised Pot Roast With Barley &Amp; Kale

Simmered slowly in nippy horseradish, this pot roast recipe is a satisfying change to the typical Sunday supper with the addition of barley and kale.

3.00 Hours	6 Servings	42 Cal	32g Protein

INGREDIENTS

1 beef Chuck Roast (2-1/4 to 2-1/2 pounds)

1 teaspoon pepper

2 teaspoons olive oil

1 large onion, thinly sliced

1 cup water

2 tablespoons Worcestershire sauce

2 tablespoons plus 1 teaspoon prepared horseradish, divided

1 cup uncooked quick-cooking (pearled) barley or farro

4 cups thinly sliced kale or baby spinach leaves

COOKING

1. Press pepper evenly onto all surfaces beef pot roast. Heat oil in stockpot over medium heat until hot. Place pot roast in stockpot; brown evenly. Pour off drippings.

2. Add onion, water, Worcestershire sauce and 2 tablespoons horseradish. Return beef to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 2-1/4 to 2-1/2 hours or until pot roast is fork-tender.

3. Meanwhile, prepare barley according to package directions for 6 servings. Remove from heat. Stir in kale. Cover; let stand 5 minutes.

4. Remove pot roast; keep warm. Skim fat from cooking liquid, if necessary; bring to boil. Reduce heat to medium and cook 10 to 13 minutes or until reduced to 1-1/2 cups, stirring occasionally. Stir in remaining 1 teaspoon horseradish.

5. Carve pot roast into thin slices. Return beef to cooking liquid and heat through. Serve beef over barley mixture.

NUTRITION

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Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
6		14g	90mg		35g	32g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com

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