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Coffee-Braised Pot Roast

PREP 25 min. BAKE 2 hr., 30 min.
COOK 10 min.

- 3 to 3½ lbs. beef chuck pot roast
- 1 Tbsp. vegetable oil
- 1 large onion, halved and sliced
- 1 green sweet pepper, cut into 2-inch pieces
- 3 cloves garlic, minced
- ¾ cup beef broth
- 1 8-oz. can crushed pineapple (juice-pack)
- 1 Tbsp. instant espresso powder
- ¼ tsp. crushed red pepper
- ¼ tsp. ground allspice
- 2 lbs. sweet potatoes, peeled and cut into 2-inch pieces

1. Preheat oven to 325°F. Trim fat from meat. Rub meat with 1 tsp. salt and

- ½ tsp. black pepper. In a 6-qt. Dutch oven, brown roast on all sides in hot oil over medium-high heat. Transfer to a plate.
- 2. Add onion, green pepper, and garlic to pot. Cook and stir 4 to 5 minutes or until tender and starting to brown. Return roast to Dutch oven. Add broth, pineapple, espresso powder, crushed red pepper, and allspice. Bring to boiling.
- 3. Cover. Bake 1¾ hours. Add sweet potatoes. Cover. Bake 45 minutes to 1 hour more or until meat and vegetables are tender.
- 4. Transfer meat and vegetables to a platter; cover to keep warm. Bring liquid in pot to boiling. Reduce heat. Simmer, uncovered, 10 to 15 minutes or until slightly thickened. Serve sauce with meat and potatoes. Sprinkle with additional crushed red pepper. Makes 8 servings.

EACH SERVING 345 cal, 9 g fat, 111 mg chol, 539 mg sodium, 24 g carb, 3 g fiber, 40 g pro. ■