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Shredded Pot Roast ^{••}

A classic pot roast recipe that results in tender and flavorful shredded beef.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 240 mins

Total Time: 255 mins

Recipe Yield: 1000 grams

Number of Servings: 8

Serving Size: 125 g

Ingredients

2000 g	chuck roast
4 c	beef broth
1 medium	onion
4 cloves	garlic cloves
3 medium	Carrots

3	potatoes
medium	
2 tbsp	worcestershire sauce
1 tsp	Dried Thyme
1 tsp	Dried Rosemary
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Preheating

Preheat the oven to 325°F (165°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Season the chuck roast with salt and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

Heat a large Dutch oven over medium-high heat. Add the chuck roast and sear on all sides until browned, about 5 minutes per side.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Remove the chuck roast from the Dutch oven and set aside.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Stove

Add the onion and garlic to the Dutch oven and cook until softened, about 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Add the beef broth, Worcestershire sauce, dried thyme, and dried rosemary to the Dutch oven. Stir to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Oven

Return the chuck roast to the Dutch oven. Cover and transfer to the preheated oven.

Prep Time: 0 mins

Cook Time: 127 mins

Step 8

Oven

After 3 hours, add the carrots and potatoes to the Dutch oven. Cover and continue cooking for another 1 hour.

Prep Time: 0 mins

Cook Time: 60 mins

Step 9

Remove the Dutch oven from the oven. Use two forks to shred the pot roast into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 10

Serving

Serve the shredded pot roast with the carrots, potatoes, and cooking liquid.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	25 mg	312.5%	138.89%
Potassium	30 mg	0.88%	1.15%
Zinc	25 mg	227.27%	312.5%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

American

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

Course

Desserts

Salads

Soups

Appetizers

Side Dishes

Sauces & Dressings

Snacks

Cultural

Oktoberfest

Cooking Method

Frying

Boiling

Cut

Mixing

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Refrigerating

Preparation

Cooling

Stove

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Difficulty Level

Medium

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