

Pot Roast



1 Ingredient, 4 serves, 80 Minutes Total Time

1 kilogram of beef (or Lamb, Pork, Veal or Mutton)

Instructions

- To simmer meat, allow 30 - 40 minutes per 500g.
- You may wish to brown the meat before you simmer.
- Place meat in a saucepan with sufficient hot water to cover.
- Bring to the boil.
- Add 1 tsp sea salt.
- Cover and simmer gently until the meat is tender.
- Garnish with vegetables and a suitable sauce or gravy - see our recipes for these in the condiments section.

Nutritional Information (per serving)

Calories	293
Total Fat	5g
Saturated Fat	3g
Cholesterol	138mg
Sodium	138mg
Total Carbohydrate	--
Dietary Fibre	--
Sugars	--
Protein	58g
Calcium	23mg
Iron	5mg

Magnesium	58mg
Phosphorus	530mg
Potassium	855mg
Vitamin C	--
Thiamine	--
Riboflavin	--
Vitamin B6	2mg
Vitamin E	1mg