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Spiced Pot Roast with Root Vegetables

- 3 Pounds beef, boneless chuck pot roast
- 1/2 Tsp salt
- 1 Tbsp oil, cooking
- 1 Cup broth, beef
- 1/4 Cup wine, dry red
- 30 Small carrots
- 1 Pounds potato, round red, quartered
- 2 Medium parsnips, peeled and cut into 1/2 inch thick slices
- 1 Medium rutabaga, peeled and cut into 1-inch pieces
- 1 Onion, red, cut into wedges
- 2 Tbsp cornstarch
- 2 Tbsp water
- 8 Ounces yogurt, low-fat plain
- Pepper, black ground
- 1 Tbsp cardamom seeds
- 1 Tbsp cumin seeds
- 1 Cinnamon sticks, 3-inch long
- 1 Tbsp cardamom seeds
- 12 Cloves, whole
- 1 Tbsp peppercorns, black

- 1) Trim fat from roast. For rub, in a small bowl, stir together 2 1/2 teaspoons garam masala and 1/2 teaspoon salt. Sprinkle rub evenly over meat; rub in with your fingers. In a 4-quart Dutch oven, cook meat in hot oil until browned, turning to brown evenly on all sides. Drain off fat.
- 2) Pour the 1 cup beef broth and the wine or additional beef broth over roast. Bring to boiling; reduce heat. Cover and simmer for 1 1/4 hours.
- 3) Add carrots, potatoes, parsnips, rutabaga, and onion to beef mixture. Return to boiling; reduce heat. Cover and simmer for 25 to 30 minutes or until beef and vegetables are tender. Transfer beef and vegetable mixture to a platter, reserving cooking liquid; keep warm.
- 4) Skim and discard fat from cooking liquid. Strain cooking liquid. Measure 1 1/2 cups of the cooking liquid; return to the Dutch oven. Discard remaining cooking liquid. In a small bowl, stir together cornstarch, the cold water, and 1 teaspoon garam masala. Add to liquid in Dutch oven. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 minutes more. Stir in yogurt; heat through but do not boil. Season to taste with salt and pepper. Serve sauce with meat and vegetables.

Garam Masala:

- 1) In a medium skillet, combine 1 tablespoon cardamom seeds, 1 tablespoon cumin seeds, 1 tablespoon black peppercorns, 12 whole cloves, and a 3-inch-long piece stick cinnamon; cook and stir over medium-low heat about 3 minutes or until aromatic. Remove from heat and cool.
- 2) Place the cinnamon stick in a resealable plastic bag; seal. Using a rolling pin or mallet, crush the cinnamon. In a spice grinder or blender, combine the spices. Cover and grind or blend to a fine powder. Store in a covered container for up to 6 months. Makes about 1/4 cup.

Makes 10 Servings