WHAT'S COOKING IN THE MARKET?
Beef and Apples and Sweet Potatoes

Servings: 6

Ingredients

1 boneless beef chuck shoulder roast (2 pounds)
1 large sweet potato
1 large onion, sliced
2 apples, peeled, cored and sliced
1/2 cup beef broth
2 cloves garlic, minced
1 teaspoon salt
1 teaspoon dried thyme, divided
3/4 teaspoon black pepper, divided
2 tablespoon cold water
1 tablespoon cornstarch
1/4 teaspoon cinnamon

Directions

1. Place beef, sweet potatoes, onions, apples, broth, garlic, salt, 1/2 teaspoon thyme, and 1/2 teaspoon black pepper in slow cooker. Cover; cook on low 8 to 9 hours.
2. Remove beef, sweet potatoes, onions, and apples to platter; cover with foil to keep warm. Let cooking liquid stand 5 minutes to allow fat to rise. Skim off fat and discard.
3. Stir water, cornstarch, remaining 1/2 teaspoon thyme, 1/4 teaspoon black pepper and cinnamon in small bowl until smooth. Whisk into cooking liquid. Turn slow cooker to high. Cover; cook on high 15 minutes or until cooking liquid is thickened. Serve sauce over beef, sweet potatoes, onions, and apples.

Recipe complements from Crock Pot, The Original Slow Cooker

NUTRITION INFORMATION PER SERVING

Key Nutrients	Amount	% Daily Value
Total Calories	350	
Total Fat	14g	22%
Saturated Fat	5g	25%
Trans Fat	1g	
Cholesterol	150mg	50%
Sodium	560mg	23%
Carbohydrates	10g	3%
Dietary Fiber	2g	8%
Sugars	5g	
Protein	48g	

MYPLATE FOOD GROUPS

- [ ] Grains
- [x] Fruits
- [ ] Vegetables
- [x] Protein
- [ ] Dairy

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