

## **October 2025 TV Recipes—Cook Once, Dine Twice with Pot Roast**

*Don't leave those leftovers behind – turn them into something tasty and satisfying. These recipes show no signs of the previous night's Pot Roast, but they're equally delicious!*

### **Classic Beef Pot Roast**

*Now this is a crave-worthy dinner. Tender Beef Pot Roast cooked low and slow with carrots and potatoes. This is as classic as it gets.*

Recipe Time: 3 hours 20 minutes

Makes 8 servings

- 1 beef Chuck, Arm or Shoulder Roast (2-1/2 to 3-1/2 pounds)
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon vegetable oil
- 4 cups reduced-sodium beef broth
- 2 tablespoons tomato paste
- 2 teaspoons dried thyme leaves
- 1 pound red-skinned potatoes (about 1-1/2-inch diameter), cut in half
- 1 pound carrots, peeled, cut into 1-1/2-inch pieces
- 2 large onions, cut into 8 wedges each



1. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.
2. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.
3. Carve roast into slices or chunks; serve with vegetables and gravy.

***Nutrition information per serving:** 360 Calories; 162 Calories from fat; 18g Total Fat (7 g Saturated Fat; 7 g Monounsaturated Fat); 99 mg Cholesterol; 665 mg Sodium; 24 g Total Carbohydrate; 3.8 g Dietary Fiber; **29 g Protein**; 3.9 mg Iron; 5.6 mg NE Niacin; 0.5 mg Vitamin B<sub>6</sub>; 1.8 mcg Vitamin B<sub>12</sub>; 6.4 mg Zinc; 26.8 mcg Selenium; 115.2 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, Selenium, and Choline; and a good source of Dietary Fiber.*

### **Cheesy Beef Artichoke Dip**

*Use leftover Beef Pot Roast to take this classic cheesy artichoke dip recipe to the next level.*

Recipe Time: 40 minutes

Makes 10 servings

- 2 cups (leftover) Beef Pot Roast, chopped (about 12 ounces)
- 8 ounces cream cheese, softened
- 3/4 cup reduced-fat dairy sour cream
- 1 cup reduced-fat mozzarella cheese
- 1/2 cup shredded Parmesan cheese
- 2 teaspoon granulated garlic
- 1 teaspoon freshly ground black pepper
- 1 can (12 ounces) artichoke hearts, drained
- 5 ounces fresh spinach, chopped
- Carrot and celery sticks, bell pepper slices, tortilla chips or crackers (optional)



1. Preheat oven to 375°F. In a large bowl mix together cream cheese, sour cream, mozzarella cheese, Parmesan cheese, garlic and pepper. Once smooth stir in beef, artichoke hearts and spinach until combined.
2. Coat a 9x9-inch baking dish with cooking spray. Place mixture into baking dish and bake 20 to 30 minutes or until mixture is bubbling and golden brown. Serve warm with fresh vegetables and tortilla chips, as desired.

***Nutrition information per serving, 3 oz:** 250 Calories; 151.2 Calories from fat; 16.8g Total Fat (9.1 g Saturated Fat; 0.4 g Trans Fat; 0.9 g Polyunsaturated Fat; 3.8 g Monounsaturated Fat;) 75 mg Cholesterol; 315 mg Sodium; 8 g Total Carbohydrate; 2.3 g Dietary Fiber; 2.5 g Total Sugars; 19 g Protein; 0 g Added Sugars; 289.2 mg Calcium; 2 mg Iron; 379 mg Potassium; 0.1 mcg Vitamin D; 0.2 mg Riboflavin; 4.8 mg NE Niacin; 0.3 mg Vitamin B<sub>6</sub>; 1.3 mcg Vitamin B<sub>12</sub>; 188 mg Phosphorus; 3.7 mg Zinc; 16.2 mcg Selenium; 55.8 mg Choline. This recipe is an excellent source of Protein, Calcium, Niacin, Vitamin B12, Zinc, and Selenium; and a good source of Iron, Riboflavin, Vitamin B6, Phosphorus, and Choline.*

## Beefy Italian Stuffed Shells

*An elegant way to elevate leftover beef Pot Roast. Shred the meat and mix with cottage cheese, egg, parsley and garlic, then gently fill pasta shells and top with sauce.*

Recipe Time: 45 minutes

Makes 4 servings

- 2-3 cups cooked (leftover) Beef Pot Roast, shredded
- 20 uncooked jumbo pasta shells (about 8 ounces)

### Filling:

- 1 cup low fat cottage cheese
- 3/4 cup grated Parmesan cheese, divided
- 1 large egg, slightly beaten
- 1 tablespoon chopped fresh parsley or 2 tsp dried parsley leaves
- 2 teaspoons minced garlic
- 1 jar (24 ounces) pasta sauce

### Garnish:

- Chopped fresh basil (optional)



1. Preheat oven to 375°F. Prepare pasta shells according to package directions; drain. Set aside.
2. Meanwhile, combine shredded beef, cottage cheese, 1/2 cup Parmesan cheese, egg, parsley and garlic in large bowl.
3. Fill shells evenly with beef mixture. Spread 1 cup pasta sauce on bottom of 11 X 7-inch glass baking dish. Arrange shells in dish; top with remaining sauce.
4. Cover with aluminum foil. Bake in 375°F oven 20 minutes. Remove foil; sprinkle with remaining 1/4 cup cheese. Bake, uncovered, 5 to 8 minutes or until cheese is slightly browned and sauce is bubbly. Season with salt and pepper, if desired. Garnish with basil, if desired.

***Nutrition information per serving:** 364 Calories; 117 Calories from fat; 13g Total Fat (5 g Saturated Fat; 5 g Monounsaturated Fat;) 119 mg Cholesterol; 1168 mg Sodium; 20 g Total Carbohydrate; 4 g Dietary Fiber; **40 g Protein**; 4.2 mg Iron; 3.1 mg NE Niacin; 0.3 mg Vitamin B<sub>6</sub>; 3.4 mcg Vitamin B<sub>12</sub>; 6.4 mg Zinc; 37.3 mcg Selenium; 131 mg Choline. This recipe is an excellent source of Protein, Iron, Vitamin B12, Zinc, Selenium, and Choline; and a good source of Dietary Fiber, Niacin, and Vitamin B6.*

Wisconsin Beef Council  
957 Liberty Drive, Ste 201  
Verona, WI 53593  
BeefTips.com



# Beefed Up Mac & Cheese

*Perfect for both parents and kids, this recipe uses shredded Pot Roast to bring mac & cheese to the next level.*

Total Recipe Time: 30 minutes

Makes 4 servings

- 4 cups cooked (leftover) Beef Pot Roast, chopped
- 1-1/2 cups uncooked elbow macaroni
- 2 tablespoons olive oil
- 2 tablespoons flour
- 2-1/4 cups skim milk
- 1 cup shredded Monterey Jack cheese
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3/4 cup Gorgonzola cheese, divided
- 1 tablespoon chopped fresh sage



1. Prepare pasta according to package directions; drain. Set aside. Prepare beef pot roast according to package directions. Remove beef from gravy or au jus; reserve gravy for another use. Shred beef with 2 forks. Keep warm; set aside.
2. Meanwhile, heat oil in large nonstick skillet over medium heat until hot. Carefully whisk in flour; cook 3 to 5 minutes or until lightly browned, whisking constantly. Whisk in milk; cook 8 to 10 minutes or until thick, whisking constantly. Remove pan from heat and stir in Monterey Jack cheese, salt and pepper, stirring until cheese is melted. Stir in pasta, 1/2 cup Gorgonzola cheese and sage.
3. Evenly divide pasta mixture among four plates; top with beef and sprinkle with remaining Gorgonzola cheese. Serve immediately.

*Nutrition information per serving, using skim milk: 569 Calories; 252 Calories from fat; 28g Total Fat (13 g Saturated Fat; 10 g Monounsaturated Fat;) 93 mg Cholesterol; 1160 mg Sodium; 42 g Total Carbohydrate; 2.2 g Dietary Fiber; **38 g Protein**; 3.1 mg Iron; 3.2 mg NE Niacin; 0.1 mg Vitamin B<sub>6</sub>; 1 mcg Vitamin B<sub>12</sub>; 2 mg Zinc; 34.6 mcg Selenium; 32.2 mg Choline. This recipe is an excellent source of Protein, Vitamin B12, and Selenium; and a good source of Iron, and Zinc.*

# Shredded Beef and Egg Quesadillas

*Leftover beef quickly becomes a satisfying, cheesy quesadilla with the addition of eggs and green chilies.*

Total Recipe Time: 20 minutes

Makes 4 servings

- 2 cups cooked (leftover) Beef Pot Roast, shredded
- 4 large eggs, slightly beaten
- 4 medium flour tortillas (8 to 10-inch diameter)
- 1 cup shredded reduced-fat Mexican blend cheese
- 1 can (4 ounces) chopped or diced green chilies, drained

## **Toppings (optional):**

- Sour cream, salsa, chopped cilantro, guacamole

1. Heat large nonstick skillet over medium high heat until hot. Add beef and eggs; cook and stir until eggs are scrambled. Season with salt and pepper as desired.
2. Top each of two flour tortillas with 1/4 cup cheese. Evenly divide beef mixture between two tortillas. Top each with half of the chilies and half of remaining cheese. Place remaining two tortillas on top.
3. Wipe out skillet. Heat skillet over medium heat until hot. Cook quesadillas, one at a time, 2 minutes or until tortilla is lightly browned. Turn and continue cooking 1 to 2 minutes. Cut each quesadilla in half. Cut each half into wedges. Serve with toppings, if desired.



**Nutrition information per serving:** 385 Calories; 144 Calories from fat; 16g Total Fat (8 g Saturated Fat; 3 g Monounsaturated Fat;) 236 mg Cholesterol; 891 mg Sodium; 28 g Total Carbohydrate; 1.5 g Dietary Fiber; **30 g Protein**; 2.1 mg Iron; 3.9 mg NE Niacin; 0.4 mg Vitamin B<sub>6</sub>; 1.2 mcg Vitamin B<sub>12</sub>; 3.1 mg Zinc; 30.7 mcg Selenium; 196.4 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, Selenium, and Choline; and a good source of Iron.

## Southwest Beef Wraps

*Shredded beef gets a punch of flavor from salsa. A quick tomato-corn relish gets folded into a tortilla along with the beef for a hearty handheld meal.*

Total Recipe Time: 10 hours

Makes 8 servings

- 1 beef Shoulder Roast Boneless or Bottom Round Rump Roast (2-1/2 to 3 pounds)
- 1 medium onion, quartered
- 3 teaspoons minced garlic
- 3/4 cup water
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 jars (16 ounces) chunky salsa, divided
- 8 flour tortillas (10-inch diameter), warmed
- Fresh cilantro (optional)

### Tomato-Corn Relish:

- 1 cup frozen corn, defrosted
- 1 cup chopped fresh tomato
- 2 tablespoons chopped fresh cilantro



1. Cut beef Shoulder Roast into 4 even pieces. Place onion and garlic in 4-1/2 to 5-1/2-quart slow cooker; top with beef. Add water, salt and pepper. Cover and cook on HIGH 5 to 5-1/2 hours or on LOW 9 to 9-1/2 hours or until beef is fork-tender. (No stirring is necessary during cooking.)
2. Remove beef; cool slightly. Strain cooking liquid; skim fat. Shred beef with 2 forks. Place beef in 2-quart microwave-safe dish; add 1/2 cup cooking liquid.
3. Combine Tomato-Corn Relish ingredients in medium bowl; stir in 1/4 cup salsa.
4. Add remaining salsa to beef; mix well. Cover and microwave on HIGH 8 to 10 minutes or until heated through, stirring once.
5. Top each tortilla with 3/4 cup beef mixture, leaving 1-1/2-inch border around edge. Top beef with about 1/4 cup relish. Fold right and left sides of tortillas over filling; fold bottom edge over and roll up. Garnish with cilantro, if desired.

### Alternate Cooking Method:

1. This recipe can be made in a 6-quart electric pressure cooker. Cut beef Shoulder Roast into 4 even pieces. Place beef in pressure cooker; add onion, garlic, 1/2 cup water, salt and pepper. Close and lock pressure cooker lid. Use meat, stew or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 2. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

**Nutrition information per serving, using chuck shoulder, 1/8 of recipe:** 444 Calories; 108 Calories from fat; 12g Total Fat (3 g Saturated Fat; 6 g Monounsaturated Fat;) 68 mg Cholesterol; 1623 mg Sodium; 51 g Total Carbohydrate; 5.8 g Dietary Fiber; **32 g Protein**; 5.6 mg Iron; 6.3 mg NE Niacin; 0.4 mg Vitamin B<sub>6</sub>; 2.9 mcg Vitamin B<sub>12</sub>; 6.7 mg Zinc; 44.6 mcg Selenium; 7.3 mg Choline. This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium.