

# Moroccan Pot Roast with Power Carrots and Potatoes

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*This Moroccan Pot Roast is super easy to prep, exotic and delicious beyond words. Pot Roast benefits from lots of time in the oven, making it yummy and tender I give it 4 hours, but you can go a little less or more. I use 20 carrots in this roast, which sounds crazy. Half are put in the roast in the beginning and partially melt into the delicious sauce. The other half are added in the last hour. I promise you will be glad you have so many of these "Power Carrots" to serve with this exotic roast. Enjoy!*

5-6 pound	chuck roast	2	medium	onions, thinly sliced	
2	Tbs	Hungarian paprika (1-2 teaspoons hot, remaining sweet)	6	cups	chicken stock
1	Tbs	ground ginger	20	medium	carrots, peeled (1/2 for sauce and 1/2 at end)
2	tsp	salt	1	bunch	cilantro (separate stems from leaves)
2	tsp	turmeric	1	handful	fresh mint leaves or 2 tsp dried mint
1	tsp	ground coriander	1/3	cup	lemon juice, freshly squeezed
1	tsp	ground black pepper	1	large	lemon, cut in 8 wedges
1/2	tsp	ground cumin	8	medium	potatoes, peeled and quartered
1/4	cup	olive oil + 1 Tbs.	1/2	tsp	salt

- 1 Combine paprika, ginger, salt, turmeric, coriander, pepper, cumin and 1/4 cup olive oil in small bowl. Rub spice mixture into chuck roast. Set aside while preparing the vegetables.
- 2 Thinly slice onions. Peel and cut 10 of the carrots in half and then quarter carrots lengthwise. Later you can prepare the remaining carrots and potatoes. .
- 3 Preheat oven to 325°. Heat an additional Tablespoon olive oil in large roasting pan. Add chuck roast and brown well on cooktop, about 5 minutes per side. Tuck onions and cilantro stems underneath the pot roast. Add 1/2 of carrots to pot along with mint, stock, tucking the carrots into the liquid. Cover and roast for 3 hours, occasionally pouring pan juices over meat or flipping it over.
- 4 Cut lemon into 8 wedges. Add lemon juice, lemon wedges, potatoes and remaining carrots to pot roast. Cover and roast one more hour.
- 5 Remove pot roast and slice thinly across the grain, although it will probably fall apart.. Serve the meat with the carrots and potatoes and pan juices. Garnish with the cilantro leaves.

Servings: 12

Preparation Time: 30 minutes

Cooking Time: 4 hours

Total Time: 4 hours and 30 minutes

Oven Temperature: 325°F

## Nutrition Facts

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Nutrition (per serving): 1028 calories, 641 calories from fat, 71.1g total fat, 198.3mg cholesterol, 877.6mg sodium, 1653.1mg potassium, 41g carbohydrates, 6.3g fiber, 9.6g sugar, 55.1g protein.

## Source

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