



Total Time  
**200 MIN.**

Serving Size  
**MEAT, 3 OZ/90 G; SAUCE, 1/4 CUP/60 ML; VEGETABLES, 1 CUP/250 ML**

Difficulty  
**EASY**

Cinnamon and chili powder combined with Campbell's® Reduced Sodium Tomato Soup give pot roast a delicious new twist.

Yields  
**24**

**INGREDIENTS**

	<b>WEIGHT</b>	<b>MEASURE</b>
Sugar, brown	1/4 cup	60 mL
Chili powder	1/3 cup	80 mL
Oregano, dry	1 tbsp	15 mL
Cinnamon, ground	2 tsp	10 mL
Beef, chuck roast or brisket, boneless	6 lb	2 7/10 kg
Onion, sweet, sliced, 1/2-inch	2 qt	2 L
Campbell's Reduced Sodium Tomato Soup	48 oz can	1 9/25 L can
Water	2 cups	500 mL
Potatoes, red, cut into 2-in. chunks	10 cups	2 1/2 L
Carrots, cut into 2-in. pieces	10 cups	2 1/2 L
Cilantro, fresh, chopped	1 cup	250 mL



## INSTRUCTIONS

1. In a bowl combine brown sugar and all the spices. Reserve 1/4 cup (60 mL) for later use.
2. Rub the remaining spice mixture over the entire surface of the meat.
3. Spread onions in an even layer in bottom of a sprayed full-size (12" x 20" x 3") hotel pan. and place spice-rubbed beef on top of onions.
4. In a bowl, whisk together Campbell's Reduced Sodium Tomato soup, water and reserved spice mixture. Pour soup over meat and onions.
5. Cover the hotel pan tightly and bake in 350°F (180°C) conventional or 325°F (165°C) convection oven 2 hours.
6. Remove pan from heat and spread potatoes and carrots around pot roast. Re-cover pan and continue to cook 1 hour or until the meat is very tender. Remove from the oven and remove meat from pan. Cover pan and keep potatoes and carrots warm. Cover meat and let rest at least 15 minutes before slicing. CCP: Cook to an internal temperature of 165°F (74°C) or higher for 15 seconds. CCP: Hold hot at 140°F (60°C) or higher for service.
7. Stir cilantro into pan and mix well with carrots and onions to serve.
8. To serve: Slice meat thinly and serve 3 oz (90 g) meat over top of 1 cup (250 mL) vegetables ladled with 1/4 cup (60 mL) sauce with vegetables.