

# BEEF CHUCK ROAST

## FROZEN, READY-TO-COOK

for use in the USDA Household  
Commodity Food Distribution Programs

### Product Description

- **Beef Chuck Roast** is vacuum packaged, frozen, and ready-to-cook.
- Each roast weighs about 3 pounds.

### Yield

A 3 pound roast will yield, after cooking, about 8½ 3-ounce servings.

### Storage

- Keep roast frozen at 0°F or below until ready to use.
- For **best quality**, use roast by the “Best if Used By” date on the package.
- Store leftover roast in a covered container and refrigerate. Use within 3 days.

### Preparation

- Thaw wrapped roast in the refrigerator on a platter. Set on the lowest shelf away from other foods.
- Allow 3 to 5 hours per pound thawing time. For food safety reasons, **do not** thaw the roast at room temperature.

### Cooking

- If desired, the roast may be cooked from the frozen state, but must be cooked almost twice as long as a thawed roast.



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- A beef chuck roast may be braised or pot roasted. Cook meat slowly in a small amount of liquid in a covered pan.
- For maximum tenderness, cook until well done or about 2½ hours for a 3-pound roast.

### Nutrition Information

- **Beef** is a source of protein, niacin, vitamins B6 and B12, iron, phosphorus, and zinc as well as other sources of vitamins and minerals.
- 2 to 3 ounces of beef provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

*(See recipe and menu ideas on reverse side)*

Nutrition Facts	
Serving size 3 ounces (85g) braised chuck roast	
Amount Per Serving	
Calories 274	Fat Cal 173
% Daily Value*	
<b>Total Fat</b> 19.2g	<b>29%</b>
Saturated Fat 7.6g	<b>38%</b>
<b>Cholesterol</b> 86mg	<b>28%</b>
<b>Sodium</b> 53mg	<b>2%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 23g	
Vitamin A 0%	Vitamin C 0%
Calcium 3%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.	

## Hot and Spicy Chuck Roast

- ½ cup ketchup
- ¼ cup cider vinegar
- 1/3 cup water
- 1½ tablespoons honey
- 1½ teaspoons Worcestershire Sauce
- ¾ teaspoon hot pepper sauce
- 3 pound beef chuck roast

1. In a small saucepan, combine ketchup, vinegar, water, honey, Worcestershire sauce, and pepper sauce.
2. Bring to a boil; reduce heat and simmer 10 to 15 minutes to thicken slightly. Cool thoroughly.
3. Place roast in a large mixing bowl.
4. Pour cooked marinade over roast. Cover and refrigerate for 4 to 6 hours, turning roast occasionally.
5. Remove roast from marinade and place in a roasting pan; reserve marinade under refrigeration.
6. Insert meat thermometer and bake at 325°F until well done (170°F) – about 2½ hours.
7. Remove roast from oven and let stand 15 to 20 minutes before carving.
8. Place reserved marinade in small saucepan. Bring to a boil; reduce heat and simmer 5 minutes. Serve over sliced roast.

*Makes 16 (3-ounce) servings*

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### Nutrition Information for each serving of Hot and Spicy Chuck Roast:

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Calories	262	Cholesterol	85 mg	Sugar	2 g	Calcium	11 mg
Calories from Fat	144	Sodium	155 mg	Protein	25 g	Iron	3.0 mg
Total Fat	16.0 g	Total Carbohydrate	4 g	Vitamin A	8 RE		
Saturated Fat	6.0 g	Dietary Fiber	0 g	Vitamin C	2 mg		

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*This recipe, presented to you by USDA, has not been tested or standardized.*

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### Beef Chuck Roast Menu Ideas

- Use sliced beef to make cold or hot sandwiches.
- Cubed beef can be used in casseroles, soups, and stews.
- Cut beef into strips and use in fajitas and beef fried rice.
- Add diced roast beef to an omelet along with mushrooms, onions, and spinach.
- Mix shredded beef with prepared barbecue sauce and heat. Serve on soft sandwich buns.
- Add strips of beef to green salads.
- Add small pieces of beef to a seasoned spaghetti sauce.
- Combine finely diced or shredded roast beef with chopped onion and diced potatoes; then scramble with eggs.

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