

Italian-style beef pot roast

For a Sunday roast with a difference, try our deliciously hearty Italian-style beef pot roast for a big change of flavour.

- Serves 4
- Cooktime 1 hr 40 mins 1 hour 40 minutes
- Prep time 15 mins

Ingredients

- 2 tbs olive oil
- 1kg Coles Australian Beef Family Roast
- 1 brown onion, coarsely chopped
- 2 celery sticks, coarsely chopped
- 2 garlic cloves, crushed
- 200g white cup mushrooms
- 690g jar Coles Passata
- 2 tbs shredded basil
- 1kg sweet potato, peeled, chopped
- 1 head broccoli, cut into florets
- 20g butter
- ¼ cup (60g) sour cream
- basil leaves, to serve

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Preheat oven to 180°C.

2. Step 2

Heat the oil in a large ovenproof heavy-based saucepan. Add the beef and cook, turning, for 5 mins or until browned all over. Transfer to a plate.

3. Step 3

Cook the onion, celery, garlic and mushrooms in the pan for 5 mins or until onion softens. Return the beef to pan with the passata and shredded basil. Bring to the boil. Cover. Transfer to the oven and cook for 1 hour. Uncover and cook for a further 30 mins or until the sauce thickens and beef is cooked to your liking.

4. Step 4

Cover with water. Bring to the boil and simmer, uncovered, for 15 mins or until tender, adding the broccoli for the last 8 mins of cooking. Drain. Return the sweet potato and broccoli to the pan. Use a potato masher or fork to mash. Stir in the butter and sour cream. Season.

5. Step 5

Thickly slice the beef. Divide the sweet potato mash among serving plates. Top with the beef and spoon over the sauce. Sprinkle with basil leaves to serve.