



Beef Sirloin Tip Roast with Mushrooms

 Dairy Free

READY IN



115 min.

SERVINGS



6

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup beef broth
- ☐ 3 tablespoons cornstarch
- ☐ 32 ounce mushroom stems and pieces drained canned
- ☐ 1 envelope onion soup mix
- ☐ 3 pound sirloin tip roast
- ☐ 1 tablespoon vegetable oil

Equipment

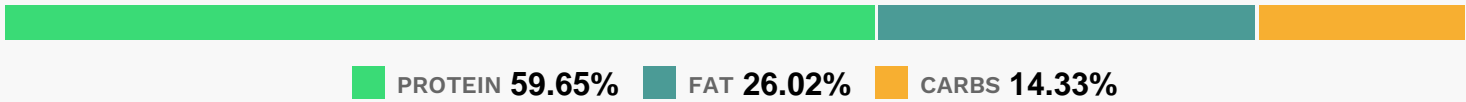
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat vegetable oil in a Dutch oven or heavy pot over medium-high heat; fry roast in hot oil until browned on both sides, about 10 minutes.
- ☐ Pour mushrooms and 1 cup beef broth over roast.
- ☐ Sprinkle with onion soup mix.
- ☐ Bake in preheated oven to your desired degree of doneness, or an internal temperature of 145 degrees F (65 degrees C) for medium, about 90 minutes.
- ☐ Remove roast from Dutch oven to a platter, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area 10 to 15 minutes before slicing.
- ☐ Whisk cornstarch and remaining 1/4 cup beef broth in a bowl and stir into Dutch oven with mushrooms and pan drippings. Bring to a boil over medium-high heat; cook and stir until thickened, about 2 minutes.
- ☐ Serve over sliced beef.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:1.09, Inflammation Score:-4, Nutrition Score:32.369999865637%

Nutrients (% of daily need)

Calories: 365.47kcal (18.27%), Fat: 10.43g (16.04%), Saturated Fat: 3.04g (19%), Carbohydrates: 12.92g (4.31%), Net Carbohydrates: 10.93g (3.98%), Sugar: 3.3g (3.67%), Cholesterol: 124.74mg (41.58%), Sodium: 712.06mg (30.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.78g (107.57%), Selenium: 79.89µg (114.13%), Vitamin B3: 20.06mg (100.28%), Vitamin B6: 1.62mg (81.07%), Zinc: 10.23mg (68.2%), Phosphorus: 606.31mg (60.63%), Vitamin

B2: 0.94mg (55.1%), Vitamin B12: 2.9µg (48.37%), Vitamin B5: 3.75mg (37.47%), Potassium: 1298.7mg (37.11%),
Copper: 0.73mg (36.32%), Iron: 4.91mg (27.29%), Vitamin B1: 0.34mg (22.72%), Magnesium: 70.09mg (17.52%),
Folate: 53.12µg (13.28%), Fiber: 1.99g (7.95%), Manganese: 0.15mg (7.4%), Vitamin K: 6.76µg (6.43%), Calcium:
60.11mg (6.01%), Vitamin E: 0.82mg (5.48%), Vitamin C: 3.4mg (4.12%), Vitamin D: 0.3µg (2.02%)