



Cordelia's Roast Beef

 Dairy Free

READY IN



210 min.

SERVINGS



8

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound eye of round beef roast
- ☐ 10 ounce condensed mushroom soup such as campbell's golden mushroom canned
- ☐ 0.3 cup flour all-purpose
- ☐ 20 ounce onion soup french canned
- ☐ 2 tablespoons salt
- ☐ 3 tablespoons vegetable oil

Equipment

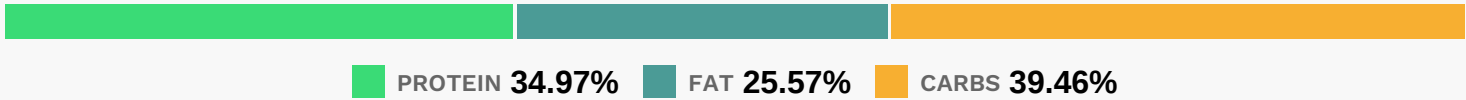
- ☐ frying pan

- ☐ dutch oven
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Rub the salt into the meat very well. Coat the meat with the flour.
- ☐ Heat the vegetable oil in a large cast-iron Dutch oven and sear the roast on all sides.
- ☐ Transfer the roast to a platter and scrape the pan to loosen the drippings.
- ☐ Add the French onion and mushroom soups and 3 3/4 cups water to the pan. Bring to a boil, then reduce the heat to a simmer. Return the roast and its juices to the pan, cover and cook until the meat is tender, about 3 hours.
- ☐ Remove the roast to a platter or cutting board to rest.
- ☐ Slice and serve with the pan gravy.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:2.16, Inflammation Score:-4, Nutrition Score:28.216521634356%

Nutrients (% of daily need)

Calories: 526.72kcal (26.34%), Fat: 14.67g (22.56%), Saturated Fat: 4.16g (26.01%), Carbohydrates: 50.94g (16.98%), Net Carbohydrates: 46.09g (16.76%), Sugar: 3.31g (3.67%), Cholesterol: 107.23mg (35.74%), Sodium: 7782.57mg (338.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.13g (90.26%), Vitamin B6: 1.54mg (76.96%), Selenium: 51.99µg (74.27%), Vitamin B3: 13.09mg (65.43%), Zinc: 8.29mg (55.28%), Vitamin B12: 3.2µg (53.39%), Phosphorus: 529.75mg (52.97%), Potassium: 1140.22mg (32.58%), Manganese: 0.63mg (31.63%), Vitamin B2: 0.51mg (29.82%), Iron: 4.84mg (26.86%), Vitamin B1: 0.39mg (26.25%), Copper: 0.49mg (24.74%), Magnesium: 86.73mg (21.68%), Fiber: 4.85g (19.42%), Vitamin B5: 1.43mg (14.31%), Calcium: 136.75mg (13.68%), Vitamin K: 12.42µg (11.83%), Folate: 31.74µg (7.94%), Vitamin E: 1.02mg (6.81%), Vitamin C: 2.41mg (2.92%)