

DINNER

English Roast Beef

23 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
200 min	20 min	180 min	8	\$3.36	413 kcal



English Roast Beef might be a good recipe to expand your main course recipe box. For \$3.36 per serving, this recipe covers 32% of your daily requirements of vitamins and minerals. One portion of this dish contains roughly 63g of protein, 15g of fat, and a total of 413 calories. This recipe serves 8.

Ingredients

☐ 5 pounds beef round roast

☐ ¼ teaspoon dried mint

☐ 1 tablespoon all-purpose flour

☐ ½ cup cold water

☐ 1 tablespoon butter

☐ ¼ teaspoon dried sage

☐ 8 servings salt and pepper to taste

EQUIPMENT Frying pan, Oven, Whisk, Pot, Roasting pan, Dutch oven

Method

- 1 Preheat the oven to 350 degrees F (175 degrees C). Season the roast with salt and pepper to taste. Melt 2 tablespoons butter in a Dutch oven over medium-high heat. Brown the outside of the roast on all sides in the butter. After the roast is browned, add 1/2 cup water to the pan, and sprinkle 1/2 teaspoon of sage, and 1/2 teaspoon of mint onto the roast.
- 2 Place onion and garlic into the pan if desired, and season with seasoning salt and red pepper flakes, if using.
- 3 Cover the pot, and place the roast in the oven for 2 to 3 hours depending on how well done you prefer the meat to be. 2 hours for rare, and 3 for well done.
- 4 Removed finished roast to a pan to keep warm.
- 5 Melt 1 tablespoon of butter in a medium skillet.
- 6 Whisk flour into melted butter until smooth.
- 7 Remove from heat, and stir in 1/2 cup cold water.
- 8 Mix until a smooth paste is formed. Return to medium heat, and season with remaining sage and mint. Stir in the liquid from the roasting pan, and boil, stirring constantly until the gravy is thickened.
- 9 Remove from heat. Slice the roast and serve with gravy poured over the meat.

Nutrition per serving

413	63 g	15 g	1 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			5.7 g · 36% of daily needs
Sugar			0 g · 0% of daily needs
Sodium			365 mg · 16% of daily needs
Cholesterol			180 mg · 60% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/english-roast-beef-144653