



Grilled Beer-Marinated Rump Roast



Gluten Free



Dairy Free

READY IN



635 min.

SERVINGS



8

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup onion chopped
- ☐ 1 clove garlic finely chopped
- ☐ 0.5 cup chili sauce
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 12 ounces from 1 bottle old el mild taco sauce canned
- ☐ 3.5 pound top round beef roast

- ☐ 2 cups hickory wood chunks

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ In 1-quart saucepan, heat oil over medium-high heat. Cook onion and garlic in oil, stirring frequently, until onion is tender; remove from heat. Stir in chili sauce, salt, pepper and beer.
- ☐ Place beef in shallow glass or plastic dish or resealable food-storage plastic bag.
- ☐ Pour beer mixture over beef; turn beef to coat with marinade. Cover dish or seal bag and refrigerate, turning beef occasionally, at least 8 hours but no longer than 24 hours.
- ☐ Cover wood chips with water; soak 30 minutes. If using charcoal grill, place drip pan directly under grilling area, and arrange coals around edge of firebox.
- ☐ Heat coals or gas grill for indirect heat.
- ☐ Remove beef from marinade; reserve marinade. Insert spit rod lengthwise through center of beef; hold firmly in place with adjustable holding forks. Insert barbecue meat thermometer so tip is near center of beef but not touching spit rod.
- ☐ Drain wood chips.
- ☐ Add about 1/2 cup wood chips to medium-low coals or lava rock.
- ☐ Cover and grill beef on rotisserie over drip pan and 4 inches from medium-low heat about 2 hours for medium doneness (160°F), brushing occasionally with marinade and adding 1/2 cup wood chips to coals or rock every 30 minutes.
- ☐ Remove spit rod, holding forks and thermometer. Discard any remaining marinade. Cover beef with foil and let stand 15 minutes before slicing.

Nutrition Facts



 PROTEIN **48.87%**  FAT **34.91%**  CARBS **16.22%**

Properties

Glycemic Index:11.13, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:25.370434501897%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 412.65kcal (20.63%), Fat: 15.54g (23.91%), Saturated Fat: 3.9g (24.4%), Carbohydrates: 16.25g (5.42%), Net Carbohydrates: 15.64g (5.69%), Sugar: 2.7g (3%), Cholesterol: 123.04mg (41.01%), Sodium: 486.35mg (21.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.95g (97.89%), Selenium: 55.26µg (78.95%), Vitamin B3: 14.26mg (71.28%), Vitamin B6: 1.34mg (67%), Vitamin B12: 3.67µg (61.19%), Zinc: 8.69mg (57.91%), Phosphorus: 508.42mg (50.84%), Vitamin B2: 0.45mg (26.53%), Iron: 4.74mg (26.33%), Potassium: 793.79mg (22.68%), Magnesium: 86.19mg (21.55%), Copper: 0.34mg (17.05%), Vitamin B1: 0.21mg (13.69%), Calcium: 131.13mg (13.11%), Manganese: 0.22mg (10.81%), Vitamin K: 9.67µg (9.21%), Vitamin B5: 0.88mg (8.81%), Vitamin E: 1.2mg (8.03%), Folate: 29.26µg (7.31%), Vitamin C: 5.36mg (6.5%), Fiber: 0.6g (2.41%), Vitamin A: 116.6IU (2.33%)