



Herbed Beef Roast With Tomato Gravy



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 8 servings tomato gravy
- ☐ 2 cups jasmine rice uncooked
- ☐ 2 teaspoons kosher salt
- ☐ 0.1 teaspoon onion powder
- ☐ 1 teaspoon pepper

- ☐ 2 lb beef rump roast boneless trimmed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 32
- ☐ Line a 13- x 9-inch pan with heavy-duty aluminum foil, and coat with cooking spray.
- ☐ Combine minced garlic and next 5 ingredients in a small bowl. Rub garlic mixture over rump roast.
- ☐ Place roast in prepared pan.
- ☐ Bake at 325 for 1 hour and 10 minutes or until a meat thermometer inserted in thickest portion registers 145 (medium rare).
- ☐ Let stand 10 minutes.
- ☐ Meanwhile, prepare jasmine rice according to package directions.
- ☐ Cut roast into slices; serve with hot cooked rice and Tomato Gravy.
- ☐ Herbed Chuck Roast: Prepare recipe as directed in Step Substitute 1 (2-lb.) boneless chuck roast, trimmed, for rump roast; combine rosemary and next 4 ingredients. Rub over roast. Cook roast in a large nonstick skillet over medium heat 5 minutes on each side or until browned.
- ☐ Place in prepared pan. Rub minced garlic over top of roast.
- ☐ Add 3/4 cup beef broth to pan.
- ☐ Bake, covered, at 350 for 2 hours and 10 minutes or until fork-tender.
- ☐ Let stand 10 minutes. Proceed with recipe as directed in Step

Nutrition Facts



 PROTEIN **35.96%**  FAT **16.87%**  CARBS **47.17%**

Properties

Glycemic Index:21.02, Glycemic Load:22.37, Inflammation Score:-4, Nutrition Score:15.833043431458%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 330.13kcal (16.51%), Fat: 5.96g (9.18%), Saturated Fat: 2.02g (12.65%), Carbohydrates: 37.53g (12.51%), Net Carbohydrates: 36.8g (13.38%), Sugar: 0.08g (0.09%), Cholesterol: 70.39mg (23.46%), Sodium: 651.99mg (28.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.6g (57.21%), Selenium: 38.52µg (55.03%), Vitamin B3: 8.42mg (42.08%), Vitamin B6: 0.83mg (41.38%), Vitamin B12: 2.1µg (34.96%), Zinc: 5.24mg (34.94%), Phosphorus: 298.92mg (29.89%), Manganese: 0.57mg (28.5%), Iron: 2.79mg (15.52%), Potassium: 448.32mg (12.81%), Vitamin B2: 0.21mg (12.15%), Copper: 0.22mg (11.03%), Magnesium: 39.87mg (9.97%), Vitamin B5: 0.97mg (9.73%), Vitamin B1: 0.14mg (9.33%), Folate: 18.67µg (4.67%), Calcium: 38.53mg (3.85%), Fiber: 0.72g (2.89%), Vitamin E: 0.39mg (2.63%), Vitamin K: 1.83µg (1.74%)