



## Mary's Roast Beef

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 beef bouillon cubes
- ☐ 3 pound sirloin beef tips
- ☐ 2.5 cups hot-brewed coffee brewed
- ☐ 2 teaspoons basil dried
- ☐ 0.5 cup flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 1 medium onion chopped

- ☐ 1 teaspoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 2.5 cups water divided

## Equipment

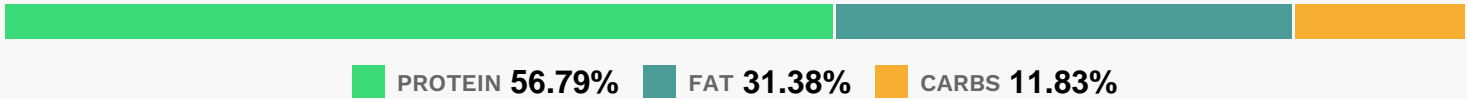
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ dutch oven
- ☐ slow cooker
- ☐ pressure cooker

## Directions

- ☐ Brown all sides of roast in hot oil in a large Dutch oven 8 minutes.
- ☐ Remove roast; set aside.
- ☐ Add onion and garlic to pan, and saut 5 minutes or until tender. Stir in coffee, 2 cups water, bouillon, and next 3 ingredients until blended.
- ☐ Return roast to Dutch oven; bring to a boil. Reduce heat, and simmer, covered, 2 1/2 hours or until done.
- ☐ Transfer roast to a serving platter, reserving drippings in Dutch oven; keep roast warm.
- ☐ Whisk together remaining 1/2 cup water and flour; whisk into drippings. Cook, whisking constantly, over medium heat until slightly thickened.
- ☐ Pour gravy over roast.
- ☐ Cut roast in half; place in a 4 1/2 quart slow cooker.
- ☐ Add onion; 1 garlic clove, minced; 1 cup brewed coffee; 1/2 cup water; 1 bouillon cube; and next 3 ingredients. Cover and cook on LOW 6 to 7 hours or until tender.
- ☐ Transfer roast to a serving platter; measure drippings and pour into a saucepan.
- ☐ Whisk together 1/4 cup water and 1 tablespoon flour for every cup of drippings.
- ☐ Whisk mixture into drippings. Proceed with recipe as directed.

- ☐
- Pressure Cooker Roast Beef: Brown roast in hot oil with onion and garlic in a 6-quart pressure cooker.
- ☐
- Combine coffee, 2 cups water, bouillon, and next 3 ingredients; pour over roast. Cover with lid and seal securely; place pressure control over vent tube. Cook over high heat until pressure control rocks back and forth quickly. Reduce heat until pressure control rocks occasionally; cook 40 minutes.
- ☐
- Remove from heat, run cold water over cooker to reduce pressure. Carefully remove lid. Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:4.68, Inflammation Score:-4, Nutrition Score:20.058695463869%

Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg  
Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Isorhamnetin: 0.69mg,  
Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg,  
Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin:  
0.05mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 275.97kcal (13.8%), Fat: 9.26g (14.25%), Saturated Fat: 2.52g (15.73%), Carbohydrates: 7.85g (2.62%), Net  
Carbohydrates: 7.27g (2.64%), Sugar: 0.76g (0.85%), Cholesterol: 93.59mg (31.2%), Sodium: 635.57mg (27.63%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 29.63mg (9.88%), Protein: 37.71g (75.41%), Selenium: 52.1µg  
(74.43%), Vitamin B3: 11.49mg (57.44%), Vitamin B6: 1.1mg (55.2%), Zinc: 7.16mg (47.71%), Phosphorus: 364.22mg  
(36.42%), Vitamin B12: 2.14µg (35.6%), Iron: 3.7mg (20.56%), Vitamin B2: 0.34mg (19.79%), Potassium: 653.29mg  
(18.67%), Vitamin B1: 0.23mg (15.44%), Vitamin B5: 1.32mg (13.19%), Vitamin K: 12.78µg (12.17%), Magnesium:  
47.86mg (11.97%), Copper: 0.2mg (10.21%), Folate: 39.94µg (9.99%), Manganese: 0.17mg (8.39%), Vitamin E:  
0.78mg (5.21%), Calcium: 50.34mg (5.03%), Fiber: 0.59g (2.35%), Vitamin C: 1.25mg (1.52%)