



Mom's Signature Roast Beef

 Dairy Free

READY IN



315 min.

SERVINGS



8

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lb carrots diagonally sliced
- ☐ 3 lb chuck roast boneless trimmed
- ☐ 2 tablespoons cornstarch
- ☐ 12 oz beer dark
- ☐ 8 garlic cloves minced
- ☐ 1 teaspoon coarsely ground pepper fresh
- ☐ 1 optional: lemon thinly sliced
- ☐ 1 medium onion chopped

- ☐ 2 large onions cut into eighths
- ☐ 1 cup soya sauce
- ☐ 3 tablespoons vegetable oil divided
- ☐ 3 lb yukon gold potatoes peeled cut into eighths

Equipment

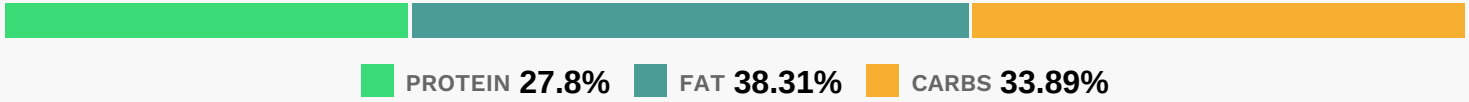
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Combine beer, next 4 ingredients, and 2 Tbsp. oil in a large zip-top plastic freezer bag.
- ☐ Add roast, turning to coat. Seal and chill at least 8 hours or up to 24 hours.
- ☐ Remove roast from marinade, reserving marinade.
- ☐ Sprinkle roast evenly with pepper.
- ☐ Brown roast 4 minutes on each side in remaining 1 Tbsp. hot oil in a large heavy-duty roasting pan over medium-high heat.
- ☐ Add reserved marinade, stirring to loosen particles from bottom of pan. Bring to a boil.
- ☐ Remove from heat, and cover with heavy-duty aluminum foil.
- ☐ Bake at 300 for 2 1/2 hours. Turn roast, and stir in carrots, potatoes, and onions.
- ☐ Bake 2 more hours or until roast and vegetables are tender.
- ☐ Transfer roast and vegetables to a serving platter. Skim fat from juices in roasting pan.
- ☐ Whisk together cornstarch and 1/2 cup water in a small bowl until smooth.
- ☐ Whisk cornstarch mixture into juices in pan; cook over medium-high heat 5 minutes or until thickened, whisking to loosen particles.

- ☐ Drizzle 1/2 cup gravy over roast.
- ☐ Serve remaining gravy with meat and vegetables.
- ☐ Cola Pot Roast: Substitute 1 (12-oz.) can cola soft drink for beer, and proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:40.95, Glycemic Load:26.86, Inflammation Score:-10, Nutrition Score:38.815217220265%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 2.57mg, Isorhamnetin: 2.57mg, Isorhamnetin: 2.57mg, Isorhamnetin: 2.57mg Kaempferol: 2.25mg, Kaempferol: 2.25mg, Kaempferol: 2.25mg, Kaempferol: 2.25mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 11.99mg, Quercetin: 11.99mg, Quercetin: 11.99mg, Quercetin: 11.99mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 589.92kcal (29.5%), Fat: 25.13g (38.66%), Saturated Fat: 9.46g (59.14%), Carbohydrates: 50.01g (16.67%), Net Carbohydrates: 42.26g (15.37%), Sugar: 8.39g (9.33%), Cholesterol: 117.37mg (39.12%), Sodium: 1831.37mg (79.62%), Alcohol: 1.66g (100%), Alcohol %: 0.37% (100%), Protein: 41.03g (82.06%), Vitamin A: 14239.36IU (284.79%), Zinc: 13.75mg (91.68%), Vitamin B12: 4.65µg (77.54%), Vitamin B6: 1.46mg (72.92%), Vitamin C: 50.41mg (61.1%), Vitamin B3: 11.44mg (57.22%), Selenium: 36.93µg (52.75%), Phosphorus: 514.13mg (51.41%), Potassium: 1734.82mg (49.57%), Manganese: 0.7mg (35.01%), Iron: 6.09mg (33.85%), Fiber: 7.75g (31%), Magnesium: 103.24mg (25.81%), Vitamin K: 27.05µg (25.77%), Vitamin B2: 0.43mg (25.02%), Vitamin B1: 0.36mg (23.93%), Copper: 0.41mg (20.26%), Vitamin B5: 2.02mg (20.17%), Folate: 67.6µg (16.9%), Calcium: 106.77mg (10.68%), Vitamin E: 1.35mg (9.03%), Vitamin D: 0.17µg (1.13%)