



Roast Bison with Velvety Pan Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef broth
- ☐ 3 pounds buffalo sirloin tip roast
- ☐ 2 tablespoons flour
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 tsp kosher salt
- ☐ 4 tablespoons olive oil divided

- ☐ 2 teaspoons paprika
- ☐ 2 tablespoons tomato paste

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ dutch oven
- ☐ cutting board

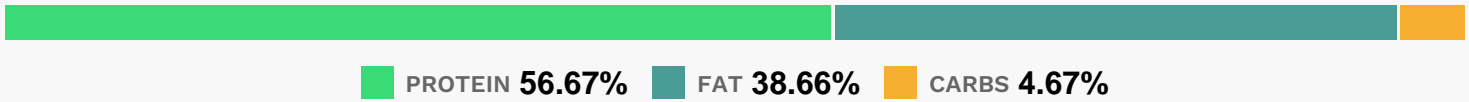
Directions

- ☐ Preheat oven to 32
- ☐ In a small bowl, whisk together cumin, paprika, garlic, coriander, and 1 1/2 tsp. salt. Rub roast with 1 tbsp. oil and pat spice mixture all over roast.
- ☐ In a dutch oven or other heavy 5- to 6-qt. pot, heat 1 tbsp. oil over medium heat. Brown roast on all sides, about 4 minutes per side, adding another 1/2 tbsp. oil halfway through browning.
- ☐ Transfer roast to a plate and wipe pot clean with a paper towel.
- ☐ Add 1/2 tbsp. oil to pot, put roast back in pot, and roast until a meat thermometer inserted in the thickest part registers 135, about 50 minutes.
- ☐ Transfer roast to a rimmed cutting board and tent with foil.
- ☐ Add remaining 1 tbsp. oil and the flour to pot and, over medium heat, whisk 1 to 2 minutes to cook flour.
- ☐ Whisk in tomato paste. Slowly whisk in beef broth and bring to a simmer. Cook gravy until thickened slightly, whisking frequently, 7 to 9 minutes. Season to taste with salt.
- ☐ Slice roast thinly and serve with pan gravy.

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*Available at Whole Foods Markets and by request from your butcher.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:1.42, Inflammation Score:-4, Nutrition Score:16.491304457188%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 273.16kcal (13.66%), Fat: 11.42g (17.57%), Saturated Fat: 2.56g (16.01%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 2.56g (0.93%), Sugar: 0.56g (0.62%), Cholesterol: 120.77mg (40.26%), Sodium: 778.79mg (33.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.67g (75.34%), Vitamin B12: 3.95µg (65.9%), Selenium: 44.23µg (63.19%), Zinc: 5.88mg (39.21%), Phosphorus: 364mg (36.4%), Iron: 5.79mg (32.14%), Vitamin B6: 0.48mg (24.09%), Vitamin B3: 4.21mg (21.04%), Potassium: 668.5mg (19.1%), Copper: 0.29mg (14.64%), Vitamin B2: 0.2mg (11.88%), Magnesium: 47.04mg (11.76%), Vitamin E: 1.42mg (9.47%), Vitamin B1: 0.1mg (6.73%), Vitamin A: 315.65IU (6.31%), Vitamin K: 5.11µg (4.87%), Manganese: 0.1mg (4.87%), Fiber: 0.54g (2.18%), Calcium: 21.45mg (2.14%), Vitamin C: 1.3mg (1.58%), Folate: 5.41µg (1.35%)