



Slow-Cooker Beef Roast with Onions and Potatoes

 Dairy Free  Very Healthy

READY IN



570 min.

SERVINGS



6

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large onion sweet cut into thin slices cut in half, then
- ☐ 3 lb top round beef roast boneless
- ☐ 3 baking potatoes cut into 1 1/2- to 2-inch cubes
- ☐ 2 cloves garlic finely chopped
- ☐ 1.8 cups beef broth flavored (from 32-oz carton)
- ☐ 1 oz onion soup mix (from 2-oz box)
- ☐ 0.3 cup flour all-purpose

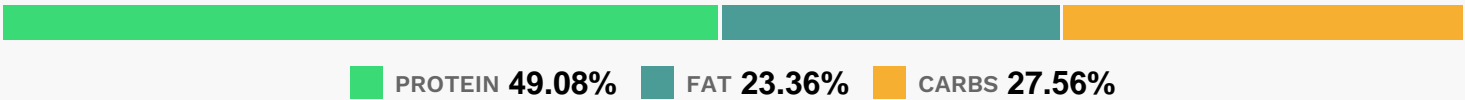
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ In 5- to 6-quart slow cooker, place onion. If beef roast comes in netting or is tied, remove netting or strings.
- ☐ Place beef on onion.
- ☐ Place potatoes and garlic around beef. In small bowl, mix 1 1/4 cups of the broth and the dry soup mix; pour over beef. (Refrigerate remaining broth.)
- ☐ Cover; cook on Low heat setting 9 to 10 hours.
- ☐ Remove beef and vegetables from cooker; place on serving platter. Cover to keep warm.
- ☐ In small bowl, mix remaining 1/2 cup broth and the flour; gradually stir into juices in cooker. Increase heat setting to High. Cover; cook about 15 minutes, stirring occasionally, until sauce has thickened.
- ☐ Serve sauce over beef and vegetables.

Nutrition Facts



Properties

Glycemic Index:31.63, Glycemic Load:18.1, Inflammation Score:-6, Nutrition Score:31.721304636449%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg

Nutrients (% of daily need)

Calories: 458.5kcal (22.92%), Fat: 11.6g (17.85%), Saturated Fat: 3.97g (24.82%), Carbohydrates: 30.82g (10.27%), Net Carbohydrates: 28.46g (10.35%), Sugar: 3.67g (4.08%), Cholesterol: 140.61mg (46.87%), Sodium: 776.88mg

(33.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.87g (109.74%), Vitamin B6: 1.97mg (98.47%), Selenium: 66.16µg (94.51%), Vitamin B3: 17.43mg (87.15%), Vitamin B12: 4.24µg (70.75%), Zinc: 9.92mg (66.11%), Phosphorus: 587.31mg (58.73%), Potassium: 1364.58mg (38.99%), Iron: 6.17mg (34.27%), Vitamin B2: 0.46mg (27.27%), Vitamin B1: 0.38mg (25.22%), Magnesium: 89.52mg (22.38%), Copper: 0.39mg (19.5%), Folate: 68.04µg (17.01%), Manganese: 0.33mg (16.58%), Vitamin B5: 1.45mg (14.47%), Vitamin C: 9.19mg (11.14%), Fiber: 2.35g (9.42%), Calcium: 81.52mg (8.15%), Vitamin E: 0.71mg (4.75%), Vitamin K: 4.9µg (4.67%)