



Slow Cooker Beef with Root Vegetables

 Dairy Free

READY IN



495 min.

SERVINGS



4

CALORIES



994 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup brown sugar
- 15 ounce tomato sauce canned
- 2 carrots peeled chopped
- 2 teaspoons chili powder
- 3 pound chuck roast
- 3 tablespoons flour all-purpose
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin

- 4 servings salt and ground pepper black
- 1 teaspoon ground mustard
- 1 onion chopped
- 4 small potatoes red quartered
- 1 rutabaga peeled chopped
- 1 turnip peeled chopped

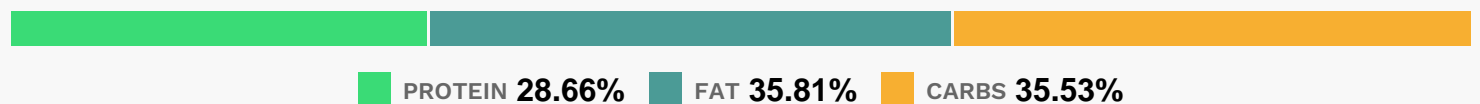
Equipment

- whisk
- slow cooker

Directions

- Watch how to make this recipe.
- Arrange onion, potatoes, carrots, turnip, and rutabaga in bottom of slow cooker. Season beef all over with salt and black pepper. Rub flour all over beef.
- Place roast on top of vegetables in slow cooker.
- Whisk together tomato sauce, brown sugar, chili powder, cumin, mustard powder, and garlic powder.
- Pour mixture over beef. Cover and cook on LOW for 12 hours or on HIGH for 8 hours.
- Serve 1/3 of beef and all of the vegetables with this meal. Shred and refrigerate remaining beef until ready to use.

Nutrition Facts



Properties

Glycemic Index:95.21, Glycemic Load:11.93, Inflammation Score:-10, Nutrition Score:53.966956408127%

Flavonoids

Apigenin: 3.72mg, Apigenin: 3.72mg, Apigenin: 3.72mg, Apigenin: 3.72mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg,

Isorhamnetin: 1.38mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg
Myricetin: 2.08mg, Myricetin: 2.08mg, Myricetin: 2.08mg, Myricetin: 2.08mg Quercetin: 6.8mg, Quercetin: 6.8mg,
Quercetin: 6.8mg, Quercetin: 6.8mg

Nutrients (% of daily need)

Calories: 994.39kcal (49.72%), Fat: 40.4g (62.15%), Saturated Fat: 17.36g (108.5%), Carbohydrates: 90.18g (30.06%), Net Carbohydrates: 80.89g (29.42%), Sugar: 49.77g (55.3%), Cholesterol: 234.73mg (78.24%), Sodium: 892.38mg (38.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.75g (145.51%), Zinc: 26.98mg (179.89%), Vitamin B12: 9.29µg (154.79%), Vitamin A: 5917.81IU (118.36%), Selenium: 76.43µg (109.18%), Vitamin B6: 1.95mg (97.52%), Vitamin B3: 19.39mg (96.94%), Phosphorus: 873.84mg (87.38%), Potassium: 2806.21mg (80.18%), Vitamin C: 56.52mg (68.5%), Iron: 11.13mg (61.82%), Vitamin B2: 0.73mg (42.9%), Magnesium: 157.5mg (39.38%), Vitamin B1: 0.58mg (38.45%), Manganese: 0.76mg (38.08%), Fiber: 9.28g (37.12%), Copper: 0.69mg (34.35%), Vitamin B5: 3.32mg (33.17%), Folate: 98.4µg (24.6%), Vitamin E: 3.13mg (20.88%), Calcium: 198.35mg (19.83%), Vitamin K: 18.76µg (17.87%), Vitamin D: 0.34µg (2.27%)