



Slow-Cooker Garlic Braised Beef and Potatoes

 Dairy Free  Very Healthy

READY IN



570 min.

SERVINGS



8

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds potatoes – remove skin red cut in half
- ☐ 8 cloves garlic peeled
- ☐ 3 pound top round beef roast boneless trimmed of fat
- ☐ 1 envelope onion soup mix dry (from 2.4-ounce package)
- ☐ 10.8 ounces cream of mushroom soup canned
- ☐ 2 cups broccoli florets frozen (from 1-pound bag)

Equipment

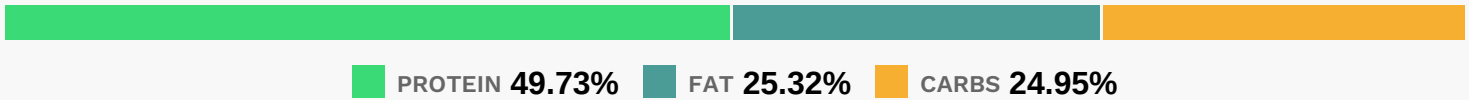
- ☐ slow cooker

☐ cutting board

Directions

- ☐ Place potatoes and garlic in 4- to 5-quart slow cooker.
- ☐ Place beef on potatoes.
- ☐ Sprinkle dry soup mix over beef; pour beefy mushroom soup over all.
- ☐ Cover and cook on low heat setting 8 to 9 hours.
- ☐ Remove beef from cooker; place on cutting board.
- ☐ Cut beef into slices; place on serving platter with potatoes and garlic. Cover to keep warm.
- ☐ Meanwhile, place frozen broccoli in slow cooker with remaining sauce. Increase heat setting to high. Cover and cook about 15 minutes or until broccoli is tender.
- ☐ Serve with beef and potatoes.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:27.06956491263%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 347.76kcal (17.39%), Fat: 9.59g (14.75%), Saturated Fat: 3.41g (21.31%), Carbohydrates: 21.26g (7.09%), Net Carbohydrates: 18.75g (6.82%), Sugar: 1.75g (1.94%), Cholesterol: 107.36mg (35.79%), Sodium: 790.22mg (34.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.36g (84.72%), Selenium: 48.79µg (69.7%), Vitamin B6: 1.38mg (68.83%), Vitamin B3: 13.05mg (65.27%), Vitamin B12: 3.21µg (53.46%), Zinc: 7.96mg (53.07%), Phosphorus: 458.79mg (45.88%), Vitamin C: 28.71mg (34.8%), Potassium: 1134.97mg (32.43%), Vitamin K: 27.83µg (26.51%), Iron: 4.67mg (25.95%), Vitamin B2: 0.37mg (21.47%), Copper: 0.39mg (19.73%), Manganese: 0.39mg (19.46%), Vitamin B1: 0.27mg (18.05%), Magnesium: 70.73mg (17.68%), Folate: 54.51µg (13.63%), Vitamin B5: 1.24mg (12.42%), Fiber: 2.51g (10.03%), Calcium: 65.62mg (6.56%), Vitamin E: 0.71mg (4.7%), Vitamin A: 148.71IU (2.97%)