

Slow-cooked Bolar Roast thanks to Fresh.co.nz

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/angus-mushroom-and-swiss-burger-recipe>

Ingredients:

- roast
- beef
- 1 1/2 cups red wine if you wish to replace the red wine, a great alternative is a good quality beef stock - think carton rather than c...
- 3 tablespoons rice bran oil
- 1 large onion roughly quartered
- 2 carrots in chucks or thickly sliced
- 1 cup mushrooms sliced
- 1 clove garlic crushed
- 1 teaspoon black pepper
- 1 bay leaf
- other vegetables you wish to add in
- 1 1/2 kilograms angus Bolar Roast

Nutrition:

1. Calories: 1650 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 285 milligrams
4. Fat: 145 grams
5. Fiber: 2 grams
6. Protein: 54 grams
7. SaturatedFat: 62 grams
8. Sodium: 210 milligrams
9. Sugar: 4 grams

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