

# Braised Beef Chuck Roast

Yield: 5 min  
Total Time: 240 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-chuck-roast-chinese-recipe>

## Ingredients:

- 1/2 cup apple cider vinegar
- 1/2 cup brown sugar packed
- 6 ounces tomato paste
- 1 teaspoon ground cumin
- 1 teaspoon ground allspice
- 1 onions small, diced, about 1 cup
- 6 cloves garlic pressed
- 3 pounds chuck roast

## Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 180 milligrams
4. Fat: 49 grams
5. Fiber: 2 grams
6. Protein: 54 grams
7. SaturatedFat: 19 grams
8. Sodium: 450 milligrams
9. Sugar: 19 grams

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