

Roast Beef

Yield: 4 min

Total Time: 105 min

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

Ingredients:

- 3 pounds roast beef top round
- 2 garlic cloves
- 1 cup dry red wine Cabernet
- 1 cup stock chicken or beef
- 1/4 Worcestershire sauce
- 1 tablespoon gravy master
- kosher salt
- ground black pepper
- 1 onion
- 1 carrot
- 1 stalk celery
- 2 tablespoons butter
- 1/4 cup flour
- chopped fresh parsley for serving, optional
- fresh garlic grated, for serving, optional

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 195 milligrams
4. Fat: 17 grams
5. Fiber: 2 grams
6. Protein: 80 grams
7. SaturatedFat: 8 grams
8. Sodium: 3600 milligrams
9. Sugar: 4 grams

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