

# Roast Beef Rump With Red Wine Gravy

Yield: 8 min  
Total Time: 90 min

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

## Ingredients:

- 1 tablespoon port
- 2 tablespoons wholegrain mustard
- 1 1/2 tablespoons Worcestershire sauce
- 2 1/2 kilograms beef rump piece, corner piece
- 1 cup dry red wine
- 1 1/2 cups water
- 40 grams butter
- 2 tablespoons plain flour
- 1 1/2 cups beef stock

## Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 225 milligrams
4. Fat: 51 grams
5. Protein: 61 grams
6. SaturatedFat: 21 grams
7. Sodium: 400 milligrams
8. Sugar: 1 grams
9. TransFat: 3 grams

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