

Sheet Pan Chipotle Eye Round Roast Meal Prep

Yield: 6 min
Total Time: 50 min

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

Ingredients:

- 1 tablespoon brown sugar or coconut sugar
- 1 tablespoon ground chipotle chile pepper
- 1 tablespoon paprika
- 1 tablespoon cumin powder
- salt
- pepper
- 2 1/2 pounds eye round roast
- 3 tablespoons olive oil
- 1 white onion chopped
- 1 pound Brussels sprouts halved
- 1 waxy potato chopped
- 1 tablespoon brown sugar or coconut sugar
- 1 tablespoon ground chipotle chile pepper
- 1 tablespoon paprika
- 1 tablespoon cumin
- salt
- pepper
- 2 1/2 pounds eye round roast
- 3 tablespoons olive oil
- 1 white onion medium, chopped
- 1 pound Brussels sprouts halved
- 1 waxy potato large, chopped

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 33 grams
3. Fat: 15 grams

4. Fiber: 11 grams
 5. Protein: 7 grams
 6. SaturatedFat: 2 grams
 7. Sodium: 330 milligrams
 8. Sugar: 8 grams
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