

Italian Roast Beef I

Yield: 9 min

Total Time: 225 min

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

Ingredients:

- 1 1/2 cups water
- 3 cubes beef bouillon
- 1 teaspoon salt
- 1 teaspoon crushed garlic
- 2 tablespoons italian seasoning
- 1 teaspoon ground black pepper freshly
- 2 tablespoons dried oregano
- 2 tablespoons dried basil
- 1/2 teaspoon red pepper flakes dried, optional
- 4 pounds rump roast
- 1/2 cup vegetable oil

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 115 milligrams
4. Fat: 36 grams
5. Fiber: 1 grams
6. Protein: 43 grams
7. SaturatedFat: 11 grams
8. Sodium: 380 milligrams

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