

# Marinade Injected Beef Roast

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-steak-spice-recipe>

## Ingredients:

- 2 3/8 pounds beef roast
- 1 tablespoon steak spice Montreal or other, or rub.
- marinade Injecting
- 1/2 cup beef stock
- 1 tablespoon soy sauce
- 1 tablespoon worcestershire sauce
- 5/8 teaspoon onion powder
- 5/8 teaspoon garlic powder

## Nutrition:

1. Calories: 10 calories
2. Carbohydrate: 1 grams
3. Protein: 1 grams
4. Sodium: 220 milligrams
5. Sugar: 1 grams

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