

# Mushroom Gravy Slow Cooked Rump Roast

Yield: 4 min  
Total Time: 25 min

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

## Ingredients:

- 2 pounds rump roast beef
- 4 cups organic low sodium chicken broth
- 2 onions large, roughly chopped
- 6 garlic cloves peeled
- 1 container mushrooms sliced
- salt
- pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 cup full fat coconut milk canned

## Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 130 milligrams
4. Fat: 35 grams
5. Fiber: 3 grams
6. Protein: 50 grams
7. SaturatedFat: 18 grams
8. Sodium: 330 milligrams
9. Sugar: 3 grams

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