

Easy Top Round Roast Beef

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/top-round-roast-beef-mexican-recipe-crock-pot>

Ingredients:

- 3 pounds top round roast
- 1 tablespoon extra virgin olive oil
- 1 tablespoon kosher salt
- 2 teaspoons black pepper
- 2 cloves garlic fresh, minced
- 2 tablespoons fresh parsley minced, optional
- caramelized onions for serving, optional

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 195 milligrams
4. Fat: 44 grams
5. Protein: 72 grams
6. SaturatedFat: 17 grams
7. Sodium: 1990 milligrams

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