



Slow Cooked Beef with Root Vegetables



Where service *and* savings matter.

SERVINGS: 8

INGREDIENTS:

- 1 onion, chopped
- 4 small red potatoes, cut each into 8 pieces
- 2 carrots, peeled & sliced (1-inch pieces)
- 2 turnips, peeled, cut each into 8 pieces
- 1 (4-inch diameter) rutabaga, peeled & cubed (1-inch pieces)
- 1 (3-pound) eye of round roast
- Salt & ground black pepper (not included in nutritional analysis)
- 3 Tbsp **Food Club** all-purpose flour
- 1 (15-oz) can **Food Club** tomato sauce
- 1/3 cup (2 1/2 oz) **Food Club** brown sugar
- 2 tsp chili powder
- 1 tsp ground cumin
- 1 tsp mustard powder
- 1 tsp garlic powder

NUTRITIONALS

Nutritional analysis per serving:
 calories 460, calories from fat 80,
 total fat 9g,
 saturated fat 3g, cholesterol 90mg,
 sodium 430mg, total carbohydrate
 39g,
 dietary fiber 5g, sugars 18g,
 protein 54g, vitamin A 60%,
 vitamin C 60%, calcium 8%, iron
 35%

DIRECTIONS:

1. Trim top & bottom of carrots, turnip and rutabaga, then peel with vegetable peeler. Arrange onion, potatoes, carrots, turnip, and rutabaga in bottom of slow cooker. Season beef all over with salt and black pepper. Rub flour all over beef. Place roast on top of vegetables in slow cooker.

2. Wisk together tomato sauce, brown sugar, chili powder, cumin, mustard powder, and garlic powder. Pour mixture over beef. Cover and cook on LOW for 10 hours or on HIGH for 6 hours.

This recipe keeps well and is delicious as left-overs.

Prep Time: 15 min

Cook Time: 6-10 hrs

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★ Slow Cooked Beef w/ Root Vegetables ★ Shopping List

PRODUCE:

- 1 onion
- 4 small new red potatoes
- 2 carrots
- 2 turnips
- 1 rutabaga

MEAT/POULTRY/SEAFOOD:

- 3 lb. eye of round roast

SPICES/SEASONINGS:

- Salt
- Pepper
- Chili powder
- Cumin
- Mustard powder
- Garlic powder

GROCERY/FROZEN/ MISCELLANEOUS:

- Food Club all-purpose flour
- Food Club brown sugar
- 1-15 oz. can Food Club tomato sauce

FOLD