



Easy Roast Beef Recipe

Serves twelve

1 – 5 pound (approx.) beef roast such as chuck or shoulder

Salt, pepper and oregano

1 TBS oil

1 large onion – sliced

8 garlic cloves – minced

Heat your oven to 325 degree F (160 C). Prep your meat by removing some of the fat but leave some on it. We will remove it once the beef is cooked. Heat the oil in a large skillet.

Place the onion and garlic in a roasting pan.

Season one side of the beef generously with the salt, pepper and oregano and place it into the skillet with hot oil. Season the other side with salt, pepper and oregano.

Once the beef is browned, flip it and brown the other side. Place the browned beef into the pan over the onion and garlic. Cover it with some foil and place it in the oven. Roast your beef for about 2 ½ hours.

Remove the meat from the oven and allow it to sit for a few minutes. Cut it into thin strips and discard the fat. Return the sliced meat to the rendered juice and mix it with the cooked onions and garlic. Serve with your favorite side. I love this with mashed potatoes.

CALORIES 378.88; FAT 22.60 grs (sat 9.76; mono 11.09; poly 2.20); PROTEIN 37.57 grs ; FIBER 0.43 grs; CARBS 7.21 grs; CHOLESTEROL 130.41 mg; IRON 7.86 mg; SODIUM 738.49 mg; CALCIUM 175.65 mg