USDA Foods

Beef Round Roast, Ready-To-Cook, Frozen

MyPlate Food Group: **Protein**

Product Description

- Beef round roasts are individually vacuum packaged and frozen. They are made from USDA Select, Choice, or Prime beef.

Storage

- Keep frozen at 0 degrees F until ready to use.
- After cooking, store leftover beef in a covered container that is not made from metal in the refrigerator. Use within 2 days.

Uses and Tips

- A beef round roast may be pot roasted or braised (cooked in liquid). Cook meat slowly in a small amount of liquid in a covered pan over low heat.
- Roasted or braised beef roasts for about 45 minutes per pound at 325 degrees F. A 2-pound roast will take about 1 ½ hours to cook.
- Slice cooked beef roasts and serve with gravy; steamed vegetables; and rice, noodles, or potatoes.
- Sliced cooked beef roast make an excellent sandwich.

Nutrition Information

- 3 ounces of cooked beef counts as 3 ounce towards in the MyPlate.gov Protein Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces.
- 3 ounces of cooked beef roast provides 15% of the daily recommended amount of iron.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: 3 ounces (85g) cooked beef roast

Amount Per Serving	
Calories 290	Calories from Fat 80
	-% Daily Value*
Total Fat 8g	**13%**
Saturated Fat 3g	**16%**
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 30mg	**1%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 27g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

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Beef Pot Roast

Makes about 8 servings

Ingredients

1 frozen beef round roast (2 pounds), thawed
½ cup onion, chopped
Nonstick cooking spray
2 cups hot water
1 beef bouillon cube
1 tablespoon orange juice
¼ teaspoon black pepper

Directions

1. In a large heavy skillet coated with nonstick cooking spray, cook onions until soft.
2. Add beef round roast to skillet and brown on all sides.
3. In a small bowl, combine the hot water with the bouillon cube and stir until it dissolves. Mix in orange juice and pepper.
4. Pour over meat. Cover and cook over low heat for 1 ½ to 2 hours.

Recipe adapted from USDA Recipes and Tips for Healthy, Thrifty Meals.

Barbeque Beef

Makes about 8 servings

Ingredients

1 frozen beef round roast (2 pounds), thawed
4 garlic cloves, chopped
½ teaspoon black pepper
1 ½ cups barbecue sauce

Directions

1. Preheat oven to 425 degrees F.
2. Place beef roast in a roasting pan. Rub garlic and pepper on the roast and put in the oven for 30 minutes.
3. Turn oven down to 325 degrees F, and roast another 2 to 3 hours or until beef is tender enough to be pulled apart with a fork.
4. Remove from oven. Shred beef by pulling it apart with a fork into a bowl.
5. Pour barbecue sauce and garlic over beef. Stir well.

Tip

This recipe is delicious on its own, served with rice, or with potatoes and vegetables. Or try spooning the cooked beef onto a sandwich roll.

Recipe adapted from Food.com

These recipes, presented to you by USDA, have not been tested or standardized.