



Beef, Round Roast, Frozen

MyPlate Food Group: **Protein**

USDA
Foods

Nutrition Information

- 1 ounce of cooked round roast beef counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas can also be considered a part of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- Beef supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

Uses and Tips

- Cook beef to the internal temperature indicated on the product's packaging.
- Thaw frozen beef roast in the refrigerator or microwave by using the defrost setting.
- Do not thaw on the countertop at room temperature.
- Refer to the product's packaging for more information on how to properly thaw this product.
- Serve with gravy, steamed vegetables, and rice, pasta, or potatoes for a complete meal.
- Leftover roast beef can be sliced and added to sandwiches.

Storing Foods at Home

- Keep round roast beef frozen at 0 degrees F until ready to use.
- After cooking, store any leftover beef in a tightly covered container that is not made from metal in the refrigerator.

MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- Nutrients provided by protein foods can differ. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.



USDA Foods

Slow Cooked Round Roast

Makes 4 servings

Ingredients:

2 pounds boneless round roast beef, thawed
¾ cup beef broth, low sodium
¼ cup balsamic vinegar
1 tablespoon Worcestershire sauce
1 tablespoon honey
½ teaspoon red pepper flakes (optional)
2 cloves garlic, chopped (optional)

Directions: Wash hands with soap and water.

1. Preheat oven to 325 degrees F.
2. Place roast in a pot.
3. In a bowl, combine all remaining ingredients.
4. Pour mixture over roast.
5. Cover pot and cook in the oven for 1½ -2 hours. Remove from oven and carefully shred roast using 2 forks.
6. Serve over brown rice, whole wheat pasta, or mashed potatoes.

Note: If using a slow cooker, place roast in slow cooker, combine remain ingredients and pour over roast. Cook on high for 3-4 hours or on low for 6-8 hours.

Recipe adapted from First Nations Development Institute

Round Roast au Jus

Makes 4 servings

Ingredients:

For the rub:

1 teaspoon black pepper
1 teaspoon chili powder
½ teaspoon garlic powder
½ teaspoon onion powder
¼ teaspoon salt

2 pound round roast beef, thawed
1 teaspoon oil
½ cup water
⅛ teaspoon salt

Directions: Wash hands with soap and water.

1. Preheat oven to 325 degrees F.
2. In a small bowl, stir together the rub ingredients. Sprinkle over both sides of the beef. Using your fingertips, gently press the rub so it adheres to the beef.
3. In an oven-proof skillet, heat oil over medium-high heat. Add the roast and cook for 8 minutes, or until seared on all sides, turning every 2 minutes. Leave the roast in the skillet.
4. Put in the oven and roast for 40 minutes.
5. Transfer to a cutting board and let stand for 10 minutes before slicing.
6. While meat rests, add ½ cup water to the pan drippings. Bring to a boil over high heat, scraping up any browned bits. Simmer for 1-2 minutes, or until the liquid is reduced by about half. Remove from the heat. Add salt. Serve sauce over sliced beef.

Recipe adapted from American Heart Association