

Balsamic Glazed Roast with Vegetables



Sirve:

10 servings

Pieza:

Saladmaster Food Processor
5 Qt./4.7 L Multi-Purpose Oil Core
3.5 Qt. Double Walled Bowl

Valora: ★★☆☆☆

Contribuido por:

Diana Valenciano
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Descripción de la Receta:

Moist and full of flavor, this roast will be your go-to-recipe for any dinner party! Easy to make in the Saladmaster MP5, just add all your ingredients and cook in half the time! Serve over rice or with the vegetables as a side, you cannot go wrong with this recipe.

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3 lbs
beef roast, chuck, round, or brisket
(1.36
kg)
1 large
onion, shredded, use Cone #2
4 garlic cloves, minced, use Cone #1
1 cup
beef broth
½ cup

balsamic vinegar
2 tbsp
soy sauce
2 tbsp
brown sugar
2 tbsp
Worcestershire sauce
1 tsp
red pepper flakes
2 tbsp
cornstarch, dissolved in 2 tbsp of water
4 large
carrots, cut into chunks
1 lb
red potatoes, cut in half
2 stalks
celery, sliced, use Cone #3

Preparación :

1. Preheat MP5 to 400 F/ 205 C, approximately 7-9 minutes or until a sprinkle of water skitters and dissipates.
2. Place meat in the MP5 and allow it to sear for approximately 5-7 minutes, or until the meat releases on its own and then flip to sear the other side.
3. Add the vegetables and remaining ingredients to the MP5. Cover and turn down the temperature to 325 F / 160 C.
4. When Vapo-Valve™ begins to click turn heat down to 200 F / 90 C and cook for 2 hours or until desired tenderness.
5. Serve with vegetables over rice, if desired.

Información nutricional por ración

Calorías: 225
Grasa Total: 5g
Grasa 2g
Saturada:
Colesterol: 91mg
Sodio: 238mg
Carbohidratos: 6g
Fibra 0g
Dietética:
Azúcar: 6g
Proteína: 36g