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## Calories in arby's roast beef

Beef Pot Roast Herbs de Provence is an assortment of dried herbs selected to reflect the most commonly used herbs in the South of France. It can be found packed in clay crocks in the spice aisle of many supermarkets. Yield Makes 8 servings Ingredients 1 beef eye round roast (about 2-1/2 pounds) 1 can (about 14 ounces) fat-free reduced sodium beef broth 2 cloves garlic 1 teaspoon herbes de Provence or 1/4 teaspoon each dried rosemary, thyme, sage and spicy 4 small turnips, peeled and cut into wedges 10 ounces fresh Brussels sprouts (about 10 medium), trimmed 8 ounces baby carrots (about 2 cups) 4 ounces pearl onions (about 1 cup), skins removed 1 tablespoon water 2 teaspoons cornstarch Preparation Dutch oven over medium-high heat. Brown roast evenly on all sides. Pour the broth into dutch oven; bring to the boil over a high heat. Add the garlic and herbes de Provence. Cover and reduce heat; 1-1/2 hours. Add turnips, Brussels sprouts, carrots and onions to the Dutch oven. Cover; cook 25 to 30 minutes, or until the vegetables are tender. Remove meat and vegetables; arrange on serving dish. Cover with foil to keep warm. Strain broth; back to Dutch oven. Stir in the cornstarch until smooth. Stir the cornstarch mixture into the broth. Bring to the boil over medium-high heat; cook and stir for 1 minute or until thick and bubbly. Serve immediately with pot roast and vegetables. Portion size: approx. 3-3/4 ounce cooked beef with 3/4 cup cooked vegetables and 1/4 cup gravy Calories 261 Calories from Fat 30% Total Fat 9 g Saturated fat 3 g Cholesterol 79 mg Carbohydrate 11 g Fiber 2 g Protein 35 g Sodium 142 mg Ad Check out several recipes for beef advertising Evan Sklar Tenderklar roast beef sprinkled with brow gravy is the quintessential Sunday meal. Best prepared with a mother's love. Ad - Continue Reading Under Sunday Best Roast Beef 1 boneless beef bottom round roast 2 tbsp. Worcestershire sauce 1 tsp. Powdered Garlic 1 tsp. onion powder 1 tsp. paprika 1 tbsp. coarsely ground black pepper 1/4 teaspoon. coarsely ground black pepper 2 1/2 teaspoon. coarse salt Pan Gravy 3 all-purpose flour 2 c. beef broth This ingredient shopping module is created and maintained by a third party and imported on this page. You may find more information about this and similar content on their website. Prepare the roast: Adjust the stand to the bottom of the oven and heat to 425 dgrees F. Just excess moisture from the roast, rub the Worcestershire sauce all over the roast and leave to marinate for 30 minutes, turning it twice. Combine powdered garlic, onion powder, paprika, and 1 tablespoon coarsed pepper in a small bowl; sprinkle the spices mixture evenly over the roast, press it, and leave to stand for 20 to 30 minutes. Rub the meat with 2 teaspoons of salt, place the fat side up in a shallow baking pan, and roast for 15 minutes. Reduce the oven to 325 degrees F and continue to roast until the internal temperature of the meat reaches 130 degrees F - about 2 hours. Leave the roast for 20 minutes before cutting it. Prepare Gravy: Skim some fat from the liquid that stays in the baking pan. Whisk the flour and 1/2 cup water together for a paste; Devoted. Scrape the drip from the bottom of the baking pan, add the beef broth, and stir over medium heat until the mixture starts to simmer. While continuously whisking, add the flour paste, and bring to the boil. Reduce the heat to medium-low and simmer for 4 to 5 minutes. If necessary, add a little water to thin the sauce. Add remaining salt and pepper; serve warm. This content is created and maintained by a third party and imported into this page to help users enter their email addresses. You may be able to find more information about this and similar content at piano.io Advertising – Continue reading below Beef tenderloin can be brushed with a mixture of spices and fresh herbs of your choice. Served hot or at room temperature, it's perfect party fare. Ad - Continue Reading Below Cal/Serv: 251 Yields: 12 Prep Time: 0 hrs 5 min Cook Time: 0 hrs 50 min total time: 0 hrs 55 min 2 tbsp. butter or margarine 2 teaspoons. Worcestershire sauce 1 tsp. salt 1 tsp. coarsely ground black pepper 1 whole beef tenderloin This ingredient shopping module is created and maintained by a third party and imported on this page. You may find more information about this and similar content on their website. Preheat the oven to 450 degrees F. In small bowl, combine the butter, Worcestershire, salt and pepper. Brush mixture on tenderloin. Place the tenderloin in 15 1/2-inch with 10 1/2-inch jelly-roll pan and fry until the meat thermometer inserted into the center of the meat reaches 140 degrees F, about 50 minutes. Internal temperature of meat will rise to 145 degrees F (medium) by standing. Or roast until desired doneness. Transfer the tenderloin to the hot dish and leave to stand for 15 minutes to set the juice for easier carving. Makes 12 main course portions. Southwestern-Flavored Tenderloin: In small bowl, combine 1 tablespoon vegetable oil, 1 teaspoon honey, 1 tbsp chili powder, 2 tsp ground cumin, 1 teaspoon salt, and 1/4 teaspoon dried oregano, crumbled. Brush mixture on tenderloin instead of butter mixture; fry as directed. Asian-Flavored Tenderloin: In small bowl, combine 2 teaspoons of soy sauce, 2 teaspoons Asian oil, 1 teaspoon honey, 1 teaspoon Chinese five-spice powder, 1/4 teaspoon ground ginger, and 1/8 teaspoon ground red pepper (cayenne). Brush mixture on tenderloin instead of butter mixture; fry as directed. Nutritional information is based on 1 serving without taste. This content is created and maintained by a third party and imported into this page to help users enter their email addresses. You may find more information this and similar content on piano.io Ad - Continue Reading below Be the first to rate & review! Beef: Sweet potatoes: Instructions Checklist Instructions Checklist Sauce: Diana Rattray/The Spruce The economic eye round roast is cut from the back of the beef handle or heifer. It looks similar in appearance to tenderloin, but because it is cut from a well-wooded muscle, the eye of the round is lean and hard. Eye round can be boiled with high heat burning and slow roasting, braising, smouldering or poaching. But because it is very flavorful, it can also be cooked as roast beef. As with other hard cuts, the eye of the round should always be thinly cut against the grain.