

Fall Frenzy Roast Stew

Chef Alyssa - Aldi Test Kitchen
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Servings: 8

1 tablespoon pure olive oil
2 cloves garlic, smashed
1 onion, sliced
5 slices premium sliced
bacon, diced
1 tablespoon ground
cinnamon
1 tablespoon ground black
pepper
1 teaspoon ground nutmeg
1 teaspoon onion powder
3 - 4 pound Black Angus
Bottom Round Roast, room
temperature, cut into two-
inch pieces
1 cup beef broth
1 cup 100 % apple juice
4 tablespoons apple cider
vinager
1 cup 100% pure pumpkin
1 cup jellied cranberry
sauce
1 Granny Smith apple,
sliced
salt (to taste)

Preparation Time: 5 minutes

Cook Time: 3 hours 15 minutes

Preheat the oven to 325 degrees.

In a large pot, heat the oil over medium heat.

Add the garlic, onion and bacon. Cook until the onion is soft, about 5 minutes.

Meanwhile, in a medium bowl, combine the cinnamon, pepper, nutmeg and onion powder. Add the roast pieces and toss to coat.

Remove and reserve the onion and bacon, leaving the drippings in the pan. Sear the roast pieces on all sides.

Meanwhile, in a large bowl, whisk together the broth, apple juice, apple cider vinegar, pumpkin and cranberry sauce.

Return the onion and bacon to the pan. Add the apple slices and liquid mixture. Stir to combine. Cover.

Bake for 2-1/2 to 3 hours or until tender.

Remove the meat and large pieces from the pot. Reserve. Return the pot to the stove over medium heat and reduce the sauce to the desired consistency. Stir in the meat. Season to taste with salt.

Garnish with parsley, if desired.

Per Serving (excluding unknown items): 28 Calories; trace Fat (5.9% calories from fat); 2g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 162mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat.