

Betty's Crock Pot Eye of Round Roast Beef with Flavorful Gravy Recipe



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In this video, Betty demonstrates how to make her Crock Pot Eye of Round Roast Beef, and also how to make smooth, delicious, low-fat roast beef gravy to go with it. Very tender beef and super flavorful gravy!

Ingredients:

2 lb. eye of round beef roast (may be bottom round, top round, sirloin tip, or other boneless beef roast)
meat tenderizer (to taste)
ground cracked pepper (or regular black pepper) to taste
1/4 cup cornstarch
2 cups water

Thaw the beef roast, if frozen. Use meat tenderizer to salt and tenderize the beef to taste. Grind some peppercorns (or use regular black pepper) over the top of the meat, to taste. Place the beef roast in a crock pot and cook on low all day for a dinner meal (roughly 6 to 8 hours). When ready to serve, remove the cooked roast beef to a tray or cutting board. Slice into desired serving pieces and place on a serving platter. Now, make your roast beef gravy. From the juices that are left in the crock pot, spoon off as much fat and beef slivers as you can, and then pour the juices into a saucepan. Mix together 1/4 cup cornstarch and 1 cup water, and add to the saucepan of juices. Stir thoroughly before putting the saucepan over heat. Now, move the saucepan to a burner on your cooktop. Turn the heat on to low, and cook the gravy, stirring constantly. If the gravy is too thick, add a little water at a time until it is smooth and of perfect consistency. In making this recipe, I added 1 extra cup of water to thin the gravy to a perfect consistency. Serve while hot!

Menu suggestion: Place sliced roast beef on serving plate, along with Betty's Beautiful Buttery Brown Noodles . Ladle your roast beef gravy over the beef slices. Serve with Betty's Asparagus with Peanuttty Hollandaise Sauce, a yeast roll, and a glass of iced tea or lemonade. Hearty and delicious!!!