



Cranberry Beef Bottom Round Roast

It's a harvest fall dinner dish with cranberries and apples

- 2 Tablespoons olive oil
- 1-1/2-pound Beef Bottom Round Roast
- 1 teaspoon (each) salt; granulated sugar
- 1/2 teaspoon ground black pepper
- 1/2 cup chopped red onions
- 1/2 cup chopped celery
- 1/3 cup sliced carrots
- 3 large garlic cloves, minced
- 1 cup Lambrusco red wine
- 2 cups bone broth or beef broth
- 1 cup fresh cranberries
- 1 Tablespoon all-purpose flour
- 1/2 cup dried cranberries
- 1 teaspoon dried thyme leaves

1 rosemary sprig
1 Tablespoon Dijon mustard

Cranberry Apple Topping:

1 Tablespoon minced fresh rosemary
1/3 cup chopped fresh parsley
1/3 cup chopped green apples
1/3 cup chopped sliced red onion
1/3 cup dried cranberries
2 teaspoons fresh lemon juice or to taste
Salt; ground black pepper if desired

Before Starting: Preheat oven to 350 degrees F.

Brown Roast: Heat oil in 5-quart Dutch Oven casserole pan over medium high heat. With a paper towel, blot off any excess moisture from the beef roast. Combine the salt, sugar, and black pepper. Sprinkle and rub all over the roast. Place roast in hot pan, turning to brown all sides, about 10 minutes.

Remove browned roast from pan; set roast aside to stay warm.

Add Ingredients: Add onion, celery, and carrots to pan; reduce heat to medium; sauté until tender about 5 minutes, scraping up the brown bits from the bottom of the pan. Add minced garlic, sauté 1 minute. Add red wine and bone broth, Toss fresh cranberries with all-purpose flour to coat. Add fresh cranberries, dried cranberries, thyme, and rosemary.

Slow Roast Beef: Place beef into the middle of pan; bring to a simmer; cover pan tightly; place in preheated oven. Bake for 2 hours. Stir mustard into pan sauce. Turn roast over; replace pan lid; bake for 30 minutes or until roast is very tender. Add more beef bone broth as needed for desired gravy consistency. Let rest 10 minutes before serving. Serve roast with some Cranberry Apple Topping spooned over. Serve remaining topping in small bowl on the side. Yield: Serves 4

Prepare Cranberry Apple Topping: In medium sized bowl, combine all ingredients; set aside for serving.

About the Recipe: The bright sweet/tart flavor of the cranberries and apples complements the red wine, touch of rosemary, and fresh flavor of thyme. Bone broth adds an array of absorbable nutrients. The long roasting creates tender meat and a delicious gravy. A fresh topping helps complete this harvest dinner entrée.