

# 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.

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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.