

# Flanken Roast over French String Beans

Recipe By Shulamith Betesh



Cooking and Prep:   
28.5 h

Serves:  12

Contains:  

Preference: Meat

Difficulty: Easy

Occasion: Rosh Hashanah

Diet: Low Carb

Source: Whisk by Ami

Magazine

## Ingredients (6)

### Main ingredients

- 3 pounds string beans
- 8 garlic cloves, chopped or 8 cubes **Gefen Frozen Garlic**
- 1 packet Good Seasons Italian Dressing Mix
- 1 (6 pound) flanken roast
- 1 tablespoon Montreal steak seasoning

1 1/2 cups garlic sauce (such as Mikee Garlic Stir Fry and Rib Sauce or Dai-Day)

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## Start Cooking

### For the roast

1. Place string beans in large roaster. Top with garlic and Italian Dressing Mix. Place roast on top of string beans. Sprinkle steak seasoning on top. Pour garlic sauce on top. Cover and let marinate 24 hours.
2. Preheat oven to 300°F.
3. Remove roast from refrigerator and uncover. The garlic sauce will have sunken to the bottom. Pour out sauce into a separate bowl, then pour back over top of roast.
4. Place 1/4 cup water in the bottom of the pan. Cover and cook for 4 hours. Check roast every hour once it has been in the oven to 2 hours. Roast is ready if juices run clear when skewer is inserted.