

## Quick Italian Beef Roast & Vegetables

Makes 4-6 servings



### Ingredients:

- 1 beef eye round roast  
(2 pounds)
- 1 teaspoon salt
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/4 teaspoon black pepper

### Vegetables:

- 3 medium zucchini or yellow squash, sliced  
(1/2-inch)
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- 1/2 teaspoon dried basil
- 1/2 cup cherry tomato halves

### Instructions:

- Heat oven to 325°F. Combine salt, 1 tsp basil, oregano and pepper; press onto beef roast. Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef. Do not add water or cover. Roast in 325°F oven 1-1/2 hours for medium rare doneness.
- Remove roast when meat thermometer registers 140°F. Transfer to cutting board; tent with foil. Let stand 15-20 minutes. (Temperature will continue to rise about 5-10°F to reach 145°F for medium rare.)
- Increase oven temperature to 425°F. Combine vegetable ingredients, except tomatoes, in large bowl; toss. Place on rack in pan. Roast in 425°F oven 15 minutes or until tender. Add tomatoes; toss. Carve roast. Serve with vegetables. Season with salt.

## POT ROASTING

Suitable cuts for pot roasts come from the Chuck, Round and Brisket. You can cook pot roasts as is, or use them in slow cooker recipes, stews and chili. This cooking method requires moist heat, which softens and tenderizes the beef and develops a full robust beef flavor.

The two keys to good pot roast are moist heat and a tightly covered pan to retain the moisture. The pot roast is ready when a utility fork can be easily inserted and released from the thickest part of the roast. You may choose to brown the roast in a heavy oiled pan before braising for a flavor boost. Use the braising juices to create a delicious sauce or gravy.

## OVEN ROASTING

Roasts suitable for oven roasting include the Tri-Tip Roast, Eye Round Roast, Shoulder Round Tip Roast, Round Sirloin Tip Center Roast, Top Round Roast and Petite Tender Roast. Premium Tenderloin and Rib Roasts may also be used.

Use an ovenproof thermometer. Roasts differ in size and cooking time will vary from oven to oven. *Please note that an instant read thermometer is not ovenproof.* Roasts can be seasoned with rubs consisting of herbs, spices, mustard and garlic. Place roast on a rack in a shallow roasting pan, and set roast fat side up, if applicable. Do not add water or cover.

Ensure tender and juicy beef by cooking to the recommended degree of doneness: Medium-rare = 145°F and Medium = 160°F. Insert a meat thermometer into the thickest part of the roast to check the internal temperature. Remove the roast from the heat source when it is 5° to 10°F below desired doneness temperature. Let stand 15 to 20 minutes, as roast temperature will rise a few degrees, juices will firm up

## HOW MUCH TO PURCHASE

*Boneless Roast = 1-1/2 to 2 cooked, trimmed, 6-oz servings per lb.*

*Bone-in Roast = 1 to 1-1/2 cooked, trimmed 6-oz servings per lb.*

## SHREDDED OR SLICED?

For *shredded* beef, select pot roasts from the chuck for dishes such as wraps, burritos and tacos. For *sliced* beef, select any oven roast for great sandwiches.

Utah Beef Council 801/355-0063 - [www.utahbeef.org](http://www.utahbeef.org)

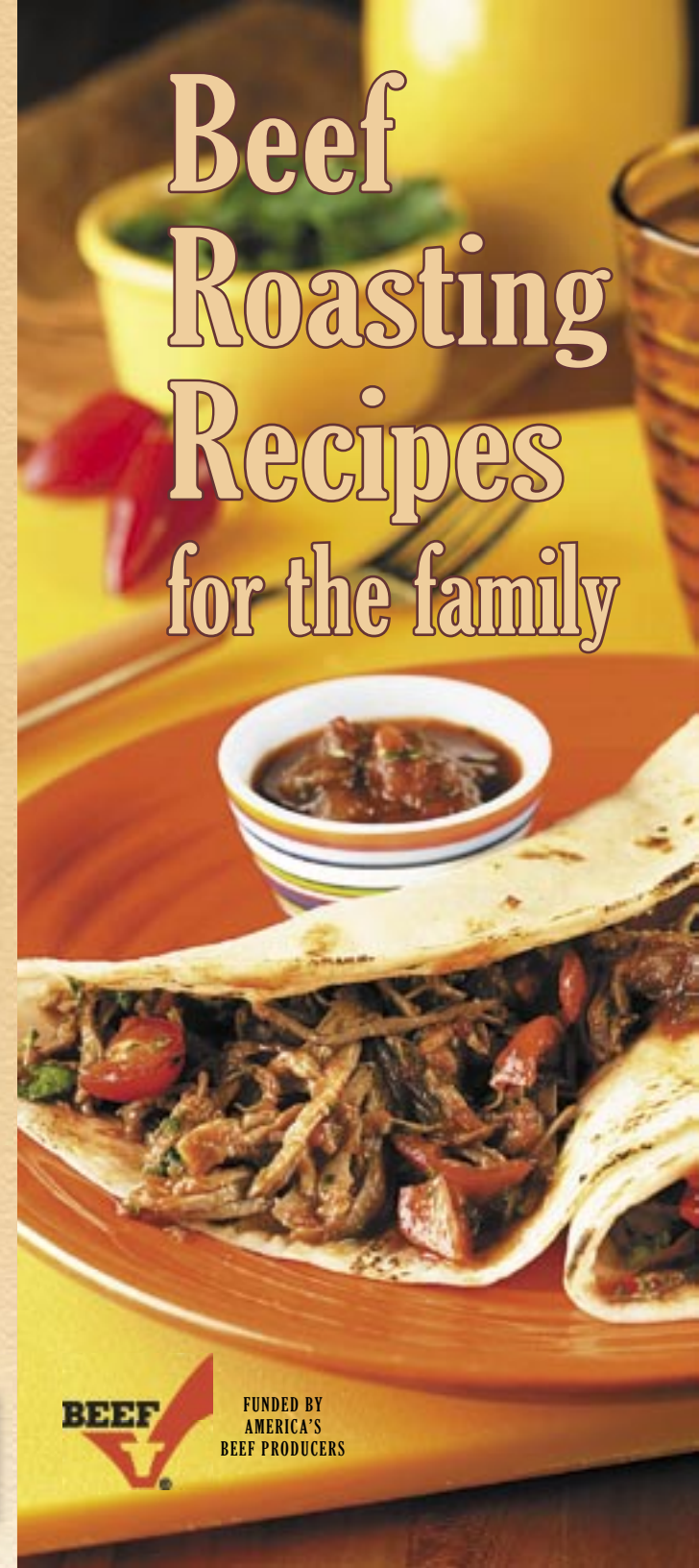
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# Beef Roasting Recipes for the family



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## Traditional Pot Roast with Vegetables

Makes 8 servings



### Ingredients:

- 1 boneless beef chuck pot roast (arm, shoulder *or* blade) *or* cross-rib roast (3 to 3-1/2 pounds)
- 1 tablespoon vegetable oil
- 8 small red-skinned potatoes, halved
- 2 large carrots, cut into 2-1/2" x 1/2" pieces
- 1 medium onion, chopped
- 3 celery stalks, cut into 1-1/2" pieces
- 3/4 cup beef broth *or* au jus

### Seasoning:

- 1 teaspoon dried oregano
- 1 clove garlic, minced
- 1/2 teaspoon *each* salt and black pepper

### Instructions:

1. Combine seasoning ingredients; press onto beef pot roast. Heat oil in stockpot or heavy pan over medium heat until hot; brown pot roast.
2. Add 3/4 cup beef broth or au jus; bring to a boil. Reduce heat; cover tightly and simmer 2 hours. Add vegetables; simmer, covered, 30 to 45 minutes or until beef and vegetables are fork-tender. (This step may also be done in a 325°F oven.)
3. Carve pot roast. Serve with vegetables and sauce.

## Easy Slow Cooker Favorites

### **Beef Roast Au Jus**

Makes 8 servings    Prep Time: 5 minutes    Cook Time: 3-6 hours

### Ingredients:

- 1 boneless beef chuck roast *or* cross-rib roast (3 to 3-1/2 pounds)
- 3/4 cup beef au jus or broth
- 1/2 teaspoon *each* salt and black pepper

### Instructions:

1. Season roast with salt and pepper. Place roast in 3-1/2 to 5-1/2 quart slow cooker.
2. Add 3/4 cup au jus or broth. Cover and cook on HIGH for 3-4 hours or LOW for 5-6 hours.
3. Remove pot roast and carve. Serve with rice and vegetables.

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### **After-Work Beef Pot Roast**

Makes 6-8 servings    Prep Time: 10 minutes    Cook Time: 10 hours

*Put this pot roast in the slow cooker before leaving for work and it will be ready for you when you walk in the door.*

### Ingredients:

- 1 boneless beef bottom round rump roast *or* shoulder pot roast (2-1/2 pounds)
- 1 10-3/4 ounce can cream of mushroom soup
- 3/4 cup liquid (water, broth or wine)

### Instructions:

1. Place roast in 3-1/2 to 5-1/2 quart slow cooker.
2. Add mushroom soup and 3/4 cup liquid. Cover and cook on LOW for 10 hours.
3. Remove pot roast and carve. Serve the accompanying sauce over mashed potatoes with a side of vegetables.

## **Oven-Roasted Beef with Savory Sauce**

Makes 6-8 servings

Prep Time: 10 minutes

Cook Time: 1 hour 20 minutes



### Ingredients:

- 1 beef bottom round rump, round tip roast *or* sirloin tip roast (2-1/2 pounds)
- 2 cloves garlic, crushed
- 2 teaspoons dried rosemary, thyme *or* tarragon
- 1 teaspoon dry mustard
- 1/2 teaspoon black pepper
- 1 10-3/4 ounce can brown gravy
- 1/4 cup currant jelly

### Instructions:

1. Combine garlic, rosemary (thyme or tarragon) and pepper. Press evenly onto roast.
2. Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef. Do not add water or cover. Roast in a 350°F oven for medium-rare to medium doneness; about 25 minutes per pound.
3. Remove roast when meat thermometer registers 140°F for medium-rare, 155°F for medium. Place roast on carving board, tent with foil and let stand for 15 minutes. (Temperature will continue to rise 5-10°F to reach desired doneness.)
4. Combine dry mustard, beef gravy and jelly in saucepan. Cook over medium heat 5 minutes or until bubbly, stirring occasionally. Carve roast into slices, serve with currant sauce.