

Chili-Crusted Tri-Tip Roast

Tri-Tip is a top-notch cut of meat. This delicious roast is enhanced by chili powder and cumin for a main dish chock-full of protein and Southwestern flavor.

INGREDIENTS

1 beef Tri-Tip Roast (1-1/2 to 2 pounds)

Salt and pepper

1 tablespoon chili powder

2 teaspoons ground cumin

1 teaspoon onion powder

1/2 teaspoon garlic powder

1/4 teaspoon pepper



1.25
Hours



8
Servings



42 Cal



23g
Protein

COOKING

1. Heat oven to 425°F. Combine rub ingredients in small bowl; press evenly onto all surfaces of beef Roast.
2. Place Roast on rack in shallow roasting pan. Do not add water or cover. Roast in 425°F oven 30 to 40 minutes for medium rare; 40 to 50 minutes for medium doneness.
3. Remove Roast when instant-read thermometer registers 135°F for medium rare; 150°F for medium. Transfer Roast to carving board; tent loosely with aluminum foil. Let stand 20-25 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
4. Carve Roast across the grain into thin slices. Season with salt and pepper, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
8		7g	6mg		1g	23g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com