

Country Mustard Tri-Tip Roast With Butter-Brew Sauce

Try this French recipe using a Tri-Tip Roast with a butter-brew sauce to bring out delicious flavors. Perfect for a special occasion or a family dinner.

INGREDIENTS

1 beef Tri-Tip Roast (1-1/2 to 2 pounds)
1 cup brown ale, divided
2 tablespoons coarse-grain mustard
4 cloves garlic, minced, divided
1 tablespoon chopped fresh parsley
1-1/2 cups reduced-sodium beef broth, divided
1 tablespoon cornstarch
2 tablespoons butter, divided
1-1/2 cups button mushrooms
Salt and pepper



1.25
Hours



8
Servings



42 Cal



24g
Protein

COOKING

1. Preheat oven to 425°F. Combine 1 tablespoon beer, mustard, 3 cloves garlic and parsley. Spread mixture over top surface 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. Meanwhile, heat 1 tablespoon butter in large nonstick skillet over medium heat until melted. Add mushrooms; cook and stir 4 to 5 minutes or until mushrooms begin to brown. Add remaining clove garlic; cook and stir 30 to 45 seconds or until fragrant. Add all but 2 tablespoons beef broth and remaining beer to skillet, stirring until browned bits attached to bottom of pan are dissolved. Bring to a boil; cook 13 to 15 minutes or until mixture is reduced to 1-1/2 cups. Combine remaining 2 tablespoons beef broth and cornstarch; stir into mushroom mixture. Bring to a boil; cook 1 to 2 minutes or until sauce thickens, stirring constantly. Remove from heat; add remaining 1 tablespoon butter, stirring until melted. Season with salt, as desired.
4. 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.)
5. Carve Roast across the grain into thin slices. Season with salt and pepper, as desired. Serve with sauce.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		11g	78mg		5g	24g	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