Dijon And Herb Rubbed Beef Roast With Cranberry Sauce

Mustard and cranberries make a delicious finishing touch for this oh-so-easy bone-in Rib Roast. While this dish take just minutes of prep time, your friends will only think it took you all day to make!

INGREDIENTS

1 beef Rib Roast Bone-In (2 to 4 ribs), small end, chine (back) bone removed (6 to 8 pounds)

3 tablespoons plus 2 teaspoons Dijon-style mustard, divided

1 tablespoon steak seasoning blend

 1 teaspoon dried rosemary leaves

3 cups fresh cranberries (about 12 ounces)

2 cups water

1/2 cup honey

3.25 Hours

10 Servings

42 Cal

41.9g Protein

COOKING

1. Preheat oven to 350°F. Combine 3 tablespoons mustard, steak seasoning and rosemary in small bowl. Rub evenly onto all surfaces of beef Rib Roast Bone-In .

2. Place Roast, fat-side up, in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat or touching bone. Do not add water or cover. Roast in 350°F oven 2-1/4 to 2-1/2 hours for medium rare; 2-1/2 to 3 hours for medium doneness.

3. Meanwhile, combine cranberries, water and honey in medium saucepan; bring to a boil, stirring occasionally. Reduce heat; simmer 10 to 15 minutes or until berries burst and mixture is syrupy. Stir in remaining 2 teaspoons mustard; remove from heat. Set aside.

4. Remove Roast when meat thermometer registers 135°F for medium rare; 145°F for medium doneness. Transfer Roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°-15°F to reach 145°F for medium rare; 160°F for medium.)

5. Carve Roast into slices; season with salt and pepper, as desired. Serve with cranberry sauce.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
10		17.3g	118mg		17.5g	41.9g	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