

# Garlic And Tri-Pepper-Crusted Beef Roast With Balsamic Sauce

This recipe features garlic and tri-pepper-crusted Chuck Eye Roast with a balsamic sauce that's sure to please. So simple yet so tasty.



## INGREDIENTS

- 1 boneless beef chuck eye (America's) roast, tied if desired (3 to 4 pounds)
- 2 tablespoons coarsely crushed or cracked mixed peppercorns (black, white, green and pink)
- 4 cloves garlic, minced
- 1/2 teaspoon salt
- 1 cup balsamic vinegar
- 1/4 cup butter, softened
- 4 teaspoons all-purpose flour
- 1 cup beef broth
- 1/4 teaspoon coarse grind black pepper

2.75	8	42 Cal	41g
Hours	Servings		Protein

## COOKING

1. Heat oven to 350°F. Combine rub ingredients; press rub mixture evenly onto all surfaces of beef roast. Place roast, fat side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of roast, not resting in fat. Do not add water. Do not cover. Roast in 350°F oven 1-1/4 to 1-3/4 hours for medium rare; 1-3/4 to 2-1/4 hours for medium doneness.
2. Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.) Skim fat from drippings.
3. Meanwhile, bring vinegar to a boil in small nonreactive saucepan. Cook over medium heat 20 minutes or until reduced to 1/4 cup. Mix butter and flour in small bowl until smooth; set aside. Add broth, reserved drippings and pepper to saucepan. Gradually whisk in butter mixture until smooth; bring to a boil. Reduce heat; simmer 1 minute, stirring constantly. Keep warm.
4. Carve roast into thin slices. Serve with sauce.

## NUTRITION

<b>Serv Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Cholest</b>	<b>Sodium</b>	<b>Total Carb</b>	<b>Protein</b>		
8		23g	150mg		7g	41g	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