

## Garlic Herb-Crusted Beef Roast

A quick rub with staple seasonings give this lean roast a delicious flavor. As the beef cooks, whip up your favorite side dishes and you can feed a crowd!

## **INGREDIENTS**

- 1 boneless beef Bottom Round Roast, Bottom Round Rump Roast or Top Round Roast (3 to 4 pounds)
- 1 beef Top Round Roast



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12

2.25 Hours Servings

42 Cal

Protein

- 1 beef Top Round Roast
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Salt and ground black pepper

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2 teaspoons dried thyme leaves, crushed 1 teaspoon dried parsley leaves, crushed

## **COOKING**

1. Preheat oven to 325°F. Combine rub ingredients in small bowl; press evenly onto all surfaces of beef Roast.

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 $Preheat\ oven\ to\ 325^{\circ}F.\ Combine\ rub\ ingredients\ in\ small\ bowl;\ press\ evenly\ onto\ all\ surfaces\ of\ beef\ Top\ Round$ 

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 $Preheat\ oven\ to\ 325^{\circ}F.\ Combine\ rub\ ingredients\ in\ small\ bowl;\ press\ evenly\ onto\ all\ surfaces\ of\ beef\ Top\ Round$ 

104.

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- 120. 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  $325^{\circ}F$  oven 1-1/4 to 1-3/4 hours for medium rare doneness.
- 121. 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  $325^{\circ}F$  oven 1-1/4 to 1-3/4 hours for medium rare doneness.
- 122. 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  $325^{\circ}F$  oven 1-1/4 to 1-3/4 hours for medium rare doneness.
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- 125. 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  $325^{\circ}F$  oven 1-1/4 to 1-3/4 hours for medium rare doneness.

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- 155. 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  $325^{\circ}F$  oven 1-1/4 to 1-3/4 hours for medium rare doneness.
- 156. 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  $325^{\circ}F$  oven 1-1/4 to 1-3/4 hours for medium rare doneness.
- 157. 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  $325^{\circ}F$  oven 1-1/4 to 1-3/4 hours for medium rare doneness.
- 158. 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  $325^{\circ}F$  oven 1-1/4 to 1-3/4 hours for medium rare doneness.
- 159. 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  $325^{\circ}F$  oven 1-1/4 to 1-3/4 hours for medium rare doneness.
- 160. 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  $325^{\circ}F$  oven 1-1/4 to 1-3/4 hours for medium rare doneness.
- 161. 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  $325^{\circ}$ F oven 1-1/4 to 1-3/4 hours for medium rare doneness.
- 162. 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  $325^{\circ}F$  oven 1-1/4 to 1-3/4 hours for medium rare doneness.
- 163. Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in

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164. 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  $325^{\circ}F$  oven 1-1/4 to 1-3/4 hours for medium rare doneness.

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176. 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  $325^{\circ}$ F oven 1-1/4 to 1-3/4 hours for medium rare dependent.

doneness.

177. 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  $325^{\circ}F$  oven 1-1/4 to 1-3/4 hours for medium rare

doneness.

 $178. \ Place\ roast\ on\ rack\ in\ shallow\ roasting\ pan.\ Insert\ ovenproof\ meat\ thermometer\ so\ tip\ is\ centered\ in\ thickest\ part\ of\ beef.\ Do\ not\ add\ water\ or\ cover.\ Roast\ in\ 325°F\ oven\ 1-1/4\ to\ 1-3/4\ hours\ for\ medium\ rare$ 

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179. 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  $325^{\circ}F$  oven 1-1/4 to 1-3/4 hours for medium rare

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183. 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  $325^{\circ}F$  oven 1-1/4 to 1-3/4 hours for medium rare

doneness.

184. Place roast on rack in shallow roasting pan. Insert oven proof meat thermometer so tip is centered in thickest part of beef. Do not add water or cover. Roast in 325°F oven 1-1/4 to 1-3/4 hours for medium rare thickest part of beef.

doneness.

185. Place roast on rack in shallow roasting pan. Insert oven proof meat thermometer so tip is centered in thickest part of beef. Do not add water or cover. Roast in 325°F oven 1-1/4 to 1-3/4 hours for medium rare

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- 214. 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  $325^{\circ}F$  oven 1-1/4 to 1-3/4 hours for medium rare doneness.
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- 224. 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  $325^{\circ}F$  oven 1-1/4 to 1-3/4 hours for medium rare doneness.
- 225. 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  $325^{\circ}F$  oven 1-1/4 to 1-3/4 hours for medium rare doneness.

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thickest part of beef. Do not add water or cover. Roast in  $325^{\circ}F$  oven 1-1/4 to 1-3/4 hours for medium rare doneness.

- 239. Remove roast when meat thermometer registers  $135^{\circ}F$  for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about  $10^{\circ}F$  to reach  $145^{\circ}F$  for medium rare.)
- 240. Remove roast when meat thermometer registers  $135^{\circ}F$  for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about  $10^{\circ}F$  to reach  $145^{\circ}F$  for medium rare.)
- 241. Remove roast when meat thermometer registers  $135^{\circ}F$  for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about  $10^{\circ}F$  to reach  $145^{\circ}F$  for medium rare.)
- 242. Remove roast when meat thermometer registers  $135^{\circ}F$  for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about  $10^{\circ}F$  to reach  $145^{\circ}F$  for medium rare.)
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- 244. Remove roast when meat thermometer registers  $135^{\circ}F$  for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about  $10^{\circ}F$  to reach  $145^{\circ}F$  for medium rare.)
- 245. Remove roast when meat thermometer registers  $135^{\circ}F$  for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about  $10^{\circ}F$  to reach  $145^{\circ}F$  for medium rare.)
- 246. Remove roast when meat thermometer registers  $135^{\circ}F$  for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about  $10^{\circ}F$  to reach  $145^{\circ}F$  for medium rare.)
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- 248. Remove roast when meat thermometer registers  $135^{\circ}F$  for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about  $10^{\circ}F$  to reach  $145^{\circ}F$  for medium rare.)
- 249. Remove roast when meat thermometer registers  $135^{\circ}F$  for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about  $10^{\circ}F$  to reach  $145^{\circ}F$  for medium rare.)
- 250. Remove roast when meat thermometer registers 135°F for medium rare. 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.)

- 251. Remove roast when meat thermometer registers  $135^{\circ}F$  for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about  $10^{\circ}F$  to reach  $145^{\circ}F$  for medium rare.)
- 252. Remove roast when meat thermometer registers  $135^{\circ}F$  for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about  $10^{\circ}F$  to reach  $145^{\circ}F$  for medium rare.)
- 253. Remove roast when meat thermometer registers  $135^{\circ}F$  for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about  $10^{\circ}F$  to reach  $145^{\circ}F$  for medium rare.)
- 254. Remove roast when meat thermometer registers  $135^{\circ}F$  for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about  $10^{\circ}F$  to reach  $145^{\circ}F$  for medium rare.)
- 255. Remove roast when meat thermometer registers  $135^{\circ}F$  for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about  $10^{\circ}F$  to reach  $145^{\circ}F$  for medium rare.)
- 256. Remove roast when meat thermometer registers 135°F for medium rare. 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.)
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- 258. Remove roast when meat thermometer registers  $135^{\circ}F$  for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about  $10^{\circ}F$  to reach  $145^{\circ}F$  for medium rare.)
- 259. Remove roast when meat thermometer registers  $135^{\circ}F$  for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about  $10^{\circ}F$  to reach  $145^{\circ}F$  for medium rare.)
- 260. Remove roast when meat thermometer registers  $135^{\circ}F$  for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about  $10^{\circ}F$  to reach  $145^{\circ}F$  for medium rare.)
- 261. Remove roast when meat thermometer registers  $135^{\circ}F$  for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about  $10^{\circ}F$  to reach  $145^{\circ}F$  for medium rare.)
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## **NUTRITION**

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL
12		5g	71mg		Og	27g	1	0

<sup>\*</sup>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.

 $Courtesy\ of\ BeefItsWhatsFor Dinner.com$