

Herb-Topped Beef Roast With Roasted Cauliflower

A juicy Top Loin Roast is rubbed with a simple mixture of garlic and thyme for big time flavor and served with roasted cauliflower for more wow!

INGREDIENTS

1 beef Top Loin Roast, Boneless (about 3 to 4 pounds)

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 $1\,\mathrm{beef}\,\mathrm{Top}\,\mathrm{Loin}\,\mathrm{Roast},\mathrm{Boneless}\,(\mathrm{about}\,3\ \mathrm{to}\,4\ \mathrm{pounds})$

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Salt and pepper 2/3 cups dry Italian-seasoned bread crumbs 2/3 cups dry Italian-seasoned bread crumbs

COOKING

- 1. Preheat oven to $325^{\circ}F$. Press 2 teaspoons of garlic evenly onto all surfaces of beef roast. Press thyme evenly over roast.
- 2. Preheat oven to $325^{\circ}F$. Press 2 teaspoons of garlic evenly onto all surfaces of beef roast. Press thyme evenly over roast.
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- $9.\ Preheat\ oven\ to\ 325^{\circ}F.\ Press\ 2\ teaspoons\ of\ garlic\ evenly\ onto\ all\ surfaces\ of\ beef\ roast.\ Press\ thyme\ evenly\ oven\ to\ all\ surfaces\ of\ beef\ roast.$

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- 10. Preheat oven to $325^{\circ}F$. Press 2 teaspoons of garlic evenly onto all surfaces of beef roast. Press thyme evenly over roast.
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203. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.

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205. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.

206. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in 325° F oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.

207. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.

208. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.

209. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.

210. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.

- 211. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 212. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 213. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 214. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 215. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 216. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 217. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 218. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 219. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 220. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 221. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 222. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- $223. \ Place\ roast, fat\text{-}side\ up, on\ rack\ in\ shallow\ roasting\ pan.\ Insert\ oven proof\ meat\ thermometer\ so\ tip\ is$

- 224. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 225. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 226. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 227. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 228. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 229. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 230. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 231. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 232. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 233. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 234. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 235. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.

- 236. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 237. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 238. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 239. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 240. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 241. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 242. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in 325° F oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 243. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 244. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 245. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 246. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- 247. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
- $248.\ Place\ roast, fat\text{-}side\ up, on\ rack\ in\ shallow\ roasting\ pan.\ Insert\ oven proof\ meat\ thermometer\ so\ tip\ is$

249. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.

250. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.

251. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.

252. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.

253. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.

254. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.

255. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast on center rack in $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.

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281. Meanwhile, toss remaining 2 teaspoons garlic, 4 tablespoons oil and cauliflower on rimmed baking sheet. Season with salt and pepper, as desired. Cover with aluminum foil; bake on lower rack 45 minutes. Combine bread crumbs and remaining 2 tablespoons oil. Remove foil; sprinkle bread crumbs evenly over cauliflower. Continue to bake, uncovered, 30 to 45 minutes or until crumbs are golden brown and cauliflower begins to brown.

282. Meanwhile, toss remaining 2 teaspoons garlic, 4 tablespoons oil and cauliflower on rimmed baking sheet. Season with salt and pepper, as desired. Cover with aluminum foil; bake on lower rack 45 minutes. Combine bread crumbs and remaining 2 tablespoons oil. Remove foil; sprinkle bread crumbs evenly over cauliflower. Continue to bake, uncovered, 30 to 45 minutes or until crumbs are golden brown and cauliflower begins to brown.

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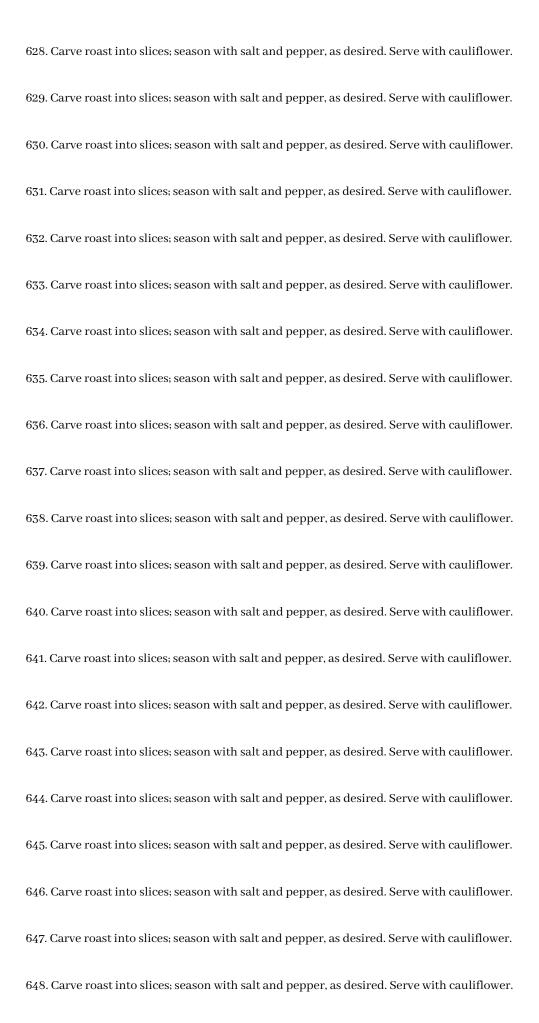
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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
16		10g	42mg		9g	21g	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.

 $Courtesy\ of\ BeefItsWhatsFor Dinner.com$