

Herbed-Mustard Topped Beef Roast

Boost the flavor on this lean beef roast with a classic thyme and mustard crust. To further complement this roast, add Dijon-style mustard to sour cream for a creamy sauce.

INGREDIENTS

- 1 beef Top Round Roast (3 to 4 pounds)
- 1/4 cup plus 3 tablespoons Dijon-style mustard, divided
- 2 tablespoons chopped fresh thyme, divided
- 1 teaspoon coarse grind black pepper
- 1/3 cup reduced-fat or regular dairy sour cream
- 1 tablespoon olive oil
- 1/3 cup minced shallots
- Salt



2.25
Hours



16
Servings



42 Cal





28g
Protein

COOKING

- Preheat oven to 325°F. Combine 1/4 cup mustard, 1 tablespoon thyme and pepper. Spread mustard mixture evenly over all surfaces of beef Roast.
- 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 doneness.
- Meanwhile, combine remaining 3 tablespoons mustard and sour cream in small bowl; set aside. Heat oil in small saucepan over medium-low heat until hot. Add shallots and remaining 1 tablespoon thyme. Cook and stir 4 to 5 minutes or until shallots are tender and begin to turn golden. Remove from heat; stir into mustard mixture. Season with salt, as desired.
- Remove roast when meat thermometer registers 135°F for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare.)
- Carve roast into thin slices. Season with salt, as desired. Serve with mustard mixture.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
16		7g	75mg		3g	28g	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