

Parmesan-Crusted Strip Roast

Crunchy panko bread crumbs and Parmesan cheese make for a satisfying salty crunch to a delicious cut of beef. Add your favorite vegetables for a perfect meal.

INGREDIENTS

1 beef Strip roast (about 3 to 4 pounds)

1/2 cup grated Parmesan cheese

1/4 cup chopped fresh parsley

3 tablespoons minced shallots

1/2 cup panko or rustic bread crumbs - To make rustic bread crumbs, place torn baguette or bread in food processor or blender container. Cover; pulse on and off, to form medium-sized crumbs.

Salt and pepper



2.25
Hours



8
Servings



42 Cal



27g
Protein

COOKING

1. Preheat oven to 325°F. Combine cheese, parsley and shallot in food processor; process until finely ground. Transfer to medium bowl; stir in panko. Press panko mixture evenly onto all surfaces of beef roast.

2. 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 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.

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

4. Carve roast into slices; season with salt and pepper, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
8		6g	70mg		3g	27g	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