

Italian Beef Roast & Vegetables

Roast Beef doesn't require slaving away in the kitchen all day. Season an Eye of Round and roast for an hour or so, then finish the veggies in the same roasting pan.

INGREDIENTS

- 1 beef Eye of Round Roast (about 2 pounds)
- 1/2 teaspoon salt
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/8 teaspoon pepper
- 3 medium zucchini or yellow squash, sliced (1/2-inch)
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- 1/2 teaspoon dried basil
- 1/2 cup cherry tomatoes, halved



2.00
Hours



6
Servings



42 Cal



35g
Protein

COOKING

- Heat oven to 325°F. Combine salt, 1/2 teaspoon basil, oregano and pepper; press onto 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 hours for medium rare doneness.
- Remove roast when meat thermometer registers 135°F. Transfer to board; tent with foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare.)
- Increase oven temperature to 425°F. Combine vegetable ingredients, except tomatoes, in large bowl; toss. Place in pan. Roast in 425°F oven 15 minutes or until tender. Add tomatoes; toss. Carve roast. Serve with vegetables. Season with salt.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
6		7g	86mg		4g	35g	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.

