

Walnut-Crusted Roast With Blue Cheese Mashed Potatoes

Create this simple, stunning roast with only four ingredients and your guests will be wowed. Add blue cheese to your staple mashed potatoes and dinner is served.

INGREDIENTS

- 1 beef Eye of Round Roast (2 to 3 pounds)
- 1/2 cup finely chopped walnuts
- 3 tablespoons finely chopped green onion
- 1/2 teaspoon pepper
- 4 cups prepared mashed potatoes, warmed
- 1/2 cup crumbled blue cheese



2.00
Hours



10
Servings



42 Cal



25g
Protein

COOKING

1. Heat oven to 325°F. Combine Walnut Crust ingredients; press evenly onto all surfaces of beef Eye of Round Roast.
2. 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 1-1/2 hours for medium rare doneness. (Do not overcook.)
3. Remove roast when meat thermometer registers 135°F. 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.)
4. Meanwhile combine mashed potatoes and cheese in large bowl; keep warm.
5. Carve beef roast into thin slices; season with salt and pepper as desired. Serve with mashed potatoes.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
10		10g	49mg		17g	25g	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.

