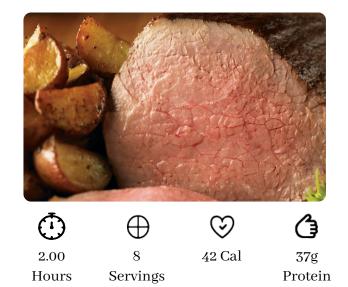


Bbq-Rubbed Beef Roast

All your favorite barbecue flavors rubbed into a lean beef roast. Serve up with potatoes for your next meal.

INGREDIENTS

- 1 beef Eye of Round Roast(about 2 to 3 pounds)
- 2 teaspoons water
- 1-3/4 pounds small new red potatoes, cut into 1-1/2-inch pieces
- 3 tablespoons chili powder
- 3 tablespoons packed brown sugar
- 2 teaspoons cider vinegar
- 1 teaspoon Worcestershire sauce



COOKING

- 1. Heat oven to $325^{\circ}F$. Combine BBQ Rub ingredients in small bowl. Reserve 2 tablespoons rub for potatoes. Press remaining rub mixture evenly onto beef 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 $325^{\circ}F$ oven 1-1/4 to 1-1/2 hours for medium rare doneness.
- 3. Remove Roast when meat thermometer registers $135^{\circ}F$. Transfer to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about $10^{\circ}F$ to reach $145^{\circ}F$ for medium rare.)
- 4. Meanwhile, combine reserved rub with 2 teaspoons water in large bowl. Add potatoes; toss to coat evenly. Place potatoes on metal baking pan and lightly spray with cooking spray. Cover with aluminum foil and roast for 1 hour. Uncover potatoes; stir and continue roasting 10 to 15 minutes or until tender.
- 5. Carve beef Roast into thin slices; serve with potatoes.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
8		6g	70mg		26g	37g	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.

 $Courtesy\ of\ BeefIts Whats For Dinner.com$