

Chili-Crusted Tri-Tip Roast

Tri-Tip is a top-notch cut of meat. This delicious roast is enhanced by chili powder and cumin for a main dish chock-full of protein and Southwestern flavor.

INGREDIENTS

1 beef Tri-Tip Roast (1-1/2 to 2 pounds)

Salt and pepper

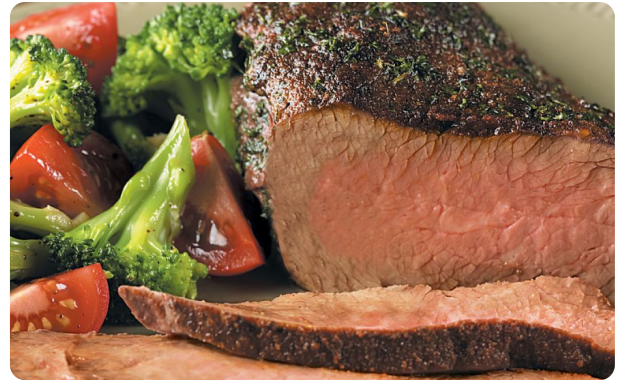
1 tablespoon chili powder

2 teaspoons ground cumin

1 teaspoon onion powder

1/2 teaspoon garlic powder

1/4 teaspoon pepper



1.25
Hours

8
Servings

42 Cal

23g
Protein

COOKING

1. Heat oven to 425°F. Combine rub ingredients in small bowl; press evenly onto all surfaces of beef Roast.
2. Place Roast on rack in shallow roasting pan. Do not add water or cover. Roast in 425°F oven 30 to 40 minutes for medium rare; 40 to 50 minutes for medium doneness.
3. Remove Roast when instant-read thermometer registers 135°F for medium rare; 150°F for medium. Transfer Roast to carving board; tent loosely with aluminum foil. Let stand 20-25 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
4. Carve Roast across the grain into thin slices. Season with salt and pepper, as desired.

NUTRITION

| Serv Size | Calories | Total Fat | Cholest | Sodium | Total Carb | Protein | | |
|-----------|----------|-----------|---------|--------|------------|---------|---|---|
| 8 | | 7g | 6mg | | 1g | 23g | 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