

# Garlic Herb-Crusted Beef

## Roast

A quick rub with staple seasonings give this lean roast a delicious flavor. As the beef cooks, whip up your favorite side dishes and you can feed a crowd!

## INGREDIENTS

- 1 beef Top Round Roast
- Salt and ground black pepper
- 2 teaspoons garlic-pepper seasoning
- 2 teaspoons dried basil leaves, crushed
- 2 teaspoons dried thyme leaves, crushed
- 1 teaspoon dried parsley leaves, crushed



2.25  
Hours



12  
Servings



42 Cal



27g  
Protein

## COOKING

- Preheat oven to 325°F. Combine rub ingredients in small bowl; press evenly onto all surfaces of beef Top Round 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 to 1-3/4 hours for medium rare doneness.
- Remove roast when meat thermometer registers 135°F for medium rare. 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.)
- Carve roast into thin slices; season with salt and black pepper, as desired.

## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
12		5g	71mg		0g	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