

Garlic-Pepper Top Loin Petite Roast With Roasted Green Beans & Mushrooms

Preparing this savory meal is a breeze! A simple rub for the roast, toss some fresh vegetables together and roast everything in the oven. Dinner in a snap!



INGREDIENTS

- 1 beef top loin petite roast (3 to 4 pounds)
- 1-1/2 pounds green beans, trimmed
- 8 ounces cremini or button mushrooms, cut in half
- 6 large shallots, cut lengthwise into 1/2-inch wedges
- 3 tablespoons olive oil
- 5 cloves garlic, finely chopped
- 1 tablespoon cracked black pepper



1.75
Hours



16
Servings



42 Cal



26g
Protein

COOKING

- Preheat oven to 325°F. Combine Seasoning ingredients; press evenly onto all surfaces of beef Top Loin Petite Roast.
- Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast in 325°F oven 1 to 1-1/4 hours for medium rare; 1-1/4 to 1-1/2 hours for medium doneness.
- Meanwhile, toss green beans, mushrooms and shallots with oil on rimmed baking sheet. Season with salt and pepper, as desired. About 1 hour before beef is finished roasting, place vegetables on bottom oven rack. After removing roast, increase oven temperature to 425°F; continue roasting vegetables about 15 minutes or until beans and shallots are crisp-tender and starting to brown, stirring once.
- Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 10 to 15 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
- Carve roast into slices; season with salt and pepper, as desired. Serve with roasted vegetables.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
16		11g	69mg		8g	26g	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