

Mustard-Glazed Sirloin Roast With Sautéed Greens

Impress your dinner guests with the delicious Sirloin Cap roast. Onions, garlic and Swiss chard bring out the delicious tastes of the beef while the mustard-pepper sauce stacks on the flavor.



INGREDIENTS

- 2 to 2-1/2 pounds beef Coulotte Roast
- 1-1/2 pounds rainbow or regular Swiss chard - One-and-half pounds fresh baby spinach may be substituted for Swiss chard.
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 4 cloves garlic, minced
- Salt and pepper
- 1/4 cup apple juice
- 2 tablespoons coarse grain Dijon-style mustard
- 2 tablespoons chopped fresh parsley
- 4 cloves garlic, minced
- 1/2 teaspoon coarse grind black pepper



1.58
Hours



10
Servings



42 Cal





19g
Protein

COOKING

1. Preheat oven to 350°F. Combine sauce ingredients in small bowl. Remove and reserve 1/4 cup for basting. Brush roast with remaining sauce.
2. 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 350°F oven 55 to 65 minutes for medium rare; 65 to 75 minutes for medium doneness, basting with reserved 1/4 cup sauce after 30 minutes.
3. Meanwhile, remove and finely chop Swiss chard stems and ribs. Thinly slice chard leaves. Heat oil in large skillet over medium heat until hot. Add onion and garlic; cook and stir 5 to 6 minutes or until onion turns golden brown, stirring occasionally. Add chard stems and leaves, in batches if necessary; cook and stir about 2 minutes or until leaves are wilted. Cover and cook about 7 minutes or until stems are tender. Season with salt and pepper, as desired. Set aside and keep warm.
4. 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.)
5. Carve roast into slices; season with salt and pepper, as desired. Serve with Swiss chard.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
10		11g	55mg		6g	19g	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