

Pepper & Orange-Rubbed Beef Roast With Balsamic Beets

Earthy beets and bright oranges complement this peppered and flavorful cut of beef.

INGREDIENTS

- 1 beef Sirloin Cap Petite Roast (about 2 pounds)
- 2 large oranges
- 5 teaspoons minced garlic, divided
- 1 teaspoon coarse ground black pepper
- 2 pounds peeled medium beets, cut into eighths
- 2 tablespoons balsamic vinegar



1.75
Hours



8
Servings



42 Cal




25g
Protein

COOKING

1. Preheat oven to 350°F. Grate 1 tablespoon plus 1 teaspoon peel and squeeze juice from oranges. Reserve 1 teaspoon orange peel for beets; set aside. Combine 1 tablespoon orange peel, 2 teaspoons garlic and pepper; press evenly onto all surfaces of beef Sirloin Cap Petite Roast.
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. Do not add water or cover. Set aside.
3. Combine beets, orange juice and remaining 3 teaspoons garlic in 13x9-inch glass baking dish. Cover with aluminum foil. Roast beef in 350°F oven 55 to 65 minutes for medium rare; 65 to 75 minutes for medium doneness. Roast beets, covered, 50 minutes. Remove foil; continue roasting, uncovered, 8 to 10 minutes or until beets are tender and liquid has thickened slightly.
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. Toss beets with balsamic vinegar; sprinkle with reserved 1 teaspoon orange peel. Slice roast against the grain; season beef and beets with salt and pepper, as desired. Serve beef with beets.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		12g	70mg		18g	25g	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