

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

- 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.
- 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.
- 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.
- 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.)
- 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