

Three-Mustard Beef Sirloin Tip Roast With Vegetables

Dijon, mustard seeds and dry mustard unite for big taste when paired with beef roast and vegetables.



INGREDIENTS

- 1 beef Sirloin Tip Roast (about 3 pounds)
- 3 tablespoons Dijon-style mustard
- 1 tablespoon fresh thyme, chopped
- 1/2 teaspoon coarse grind black pepper
- 2 tablespoons dry bread crumbs
- 1 pound small Brussels sprouts, trimmed
- 2 pounds packaged baby carrots
- 2 tablespoons olive oil
- 2 teaspoons fresh thyme, chopped
- 1 teaspoon salt
- 1/2 teaspoon coarse grind black pepper
- 1 tablespoon olive oil
- 1/4 cup minced shallots
- 1/2 cup Dijon-style mustard
- 2 teaspoons mustard seeds
- 1 teaspoon dry mustard
- 2 tablespoons fresh lemon juice
- 1/2 cup reduced-fat dairy sour cream
- 2 tablespoons chopped fresh parsley
- 1/4 teaspoon coarse grind black pepper

2.75	12	42 Cal	28g
Hours	Servings		Protein

COOKING

1. Heat oven to 325°F. Combine 3 tablespoons Dijon-style mustard, 1 tablespoon thyme and 1/2 teaspoon pepper in small bowl. Spread mustard mixture evenly over all surfaces of beef Sirloin Tip Roast. Press bread crumbs evenly onto roast over mustard.
2. Place roast 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 1-3/4 to 2 hours for medium rare; 2-1/4 to 2-1/2 hours for medium doneness.
3. Meanwhile prepare vegetables. Cut shallow "X" into bottom of each Brussels sprout. Toss Brussels sprouts, carrots, oil, thyme, salt and pepper in large bowl. Transfer to metal baking sheet. Cover tightly with aluminum

foil. Roast in 325°F oven 1 to 1-1/4 hours or until crisp-tender. Uncover baking sheet; continue roasting 5 minutes or until lightly browned.

4. Remove roast when meat thermometer registers 140°F for medium rare; 155°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand, covered, 20 minutes. (Temperature will continue to rise about 5°F to reach 145°F for medium rare; 160°F for medium.)

5. Meanwhile prepare Mustard Sauce. Heat oil in small saucepan over medium heat until hot. Add shallots; cook and stir 3 to 5 minutes or until tender. Add Dijon-style mustard, mustard seeds and dry mustard; cook and stir 30 seconds. Remove from heat; stir in lemon juice until well blended. Add sour cream, parsley and pepper; stir until smooth. Keep warm.

6. Carve roast into thin slices. Serve with vegetables and Mustard Sauce.

Recipe as seen in *The Healthy Beef Cookbook*, published by Houghton Mifflin Harcourt

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
12		11g	74mg		14g	28g	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