

Air Fryer Tri-Tip Roast

A rising star among beef cuts, the versatile Tri-Tip Roast is at its best here — simply seasoned with olive oil, salt and black pepper.



INGREDIENTS

- 1 Beef Tri-Tip Roast (about 1-1/2 to 2 pounds)
- 1 tablespoon olive oil
- 1 tablespoon salt
- 1/2 teaspoon freshly ground black pepper
- Chimichurri or salsa (optional)

50 Min 6 42 Cal 23g
 Servings Protein

COOKING

1. Preheat air fryer to 350°F. Brush oil over Tri-Tip Roast. Season with salt and pepper.
2. Place roast in the air fryer basket. Cook for 15 minutes. Flip roast; continue cooking for 15 to 20 minutes or until a meat thermometer registers 135°F for medium rare.
3. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare, 160°F for medium).
4. Slice roast diagonally across the grain into thin slices. Serve with chimichurri or salsa, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		9.2g	65mg		0g	23g	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