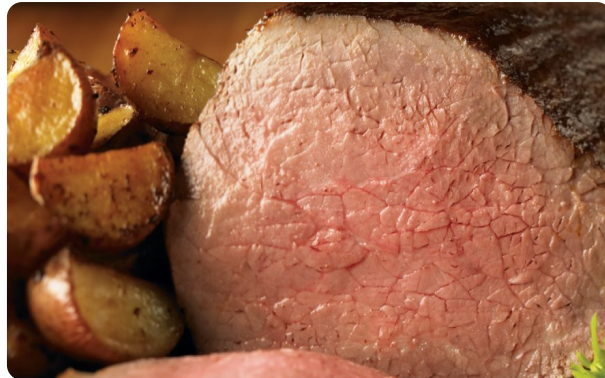


Bbq-Rubbed Beef Roast

All your favorite barbecue flavors rubbed into a lean beef roast. Serve up with potatoes for your next meal.

INGREDIENTS

- 1 beef Eye of Round Roast(about 2 to 3 pounds)
- 2 teaspoons water
- 1-3/4 pounds small new red potatoes, cut into 1-1/2-inch pieces
- 3 tablespoons chili powder
- 3 tablespoons packed brown sugar
- 2 teaspoons cider vinegar
- 1 teaspoon Worcestershire sauce



2.00
Hours



8
Servings



42 Cal



37g
Protein

COOKING

1. Heat oven to 325°F. Combine BBQ Rub ingredients in small bowl. Reserve 2 tablespoons rub for potatoes. Press remaining rub mixture evenly onto beef Roast.
2. Place Roast 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. Roast in 325°F oven 1-1/4 to 1-1/2 hours for medium rare doneness.
3. Remove Roast when meat thermometer registers 135°F. Transfer 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.)
4. Meanwhile, combine reserved rub with 2 teaspoons water in large bowl. Add potatoes; toss to coat evenly. Place potatoes on metal baking pan and lightly spray with cooking spray. Cover with aluminum foil and roast for 1 hour. Uncover potatoes; stir and continue roasting 10 to 15 minutes or until tender.
5. Carve beef Roast into thin slices; serve with potatoes.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
8		6g	70mg		26g	37g	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