

Hensleigh Healthy Beef

Sunday Best Beef Roast

Ingredients:

One 4-5 lb beef bottom round or rump roast
2 Tbs Worcestershire Sauce
1 tsp paprika
1 Tbs course ground pepper
1 tsp garlic powder
2 tsp coarse salt
1 tsp onion powder

Procedures:

Adjust oven racks to lowest position, heat to 425 °F.
Blot excess moisture from roast.
Rub Worcestershire sauce over entire roast, marinate for 30 minutes turning twice.
Combine garlic powder, onion powder, paprika, black pepper in a small bowl.
Sprinkle seasoning mixture over roast, pressing it in.
Let the roast stand for 20-30 minutes.
Rub meat with salt.
Place roast, at side up, in shallow roasting pan.
Roast for 15 minutes.
Reduce oven to 325°F
Continue to roast until meat's internal temperature reaches 130°F.
Let roast stand for 20 minutes before slicing.

****Courtesy of Country Living Magazine****