

Celebrate Like a Texan



BEEF
LOVING
TE★ANS

®

3 SIMPLE STEPS FOR Oven Roasting Beef



**Pistachio-Crusted Beef Ribeye Roast
with Holiday Wine Sauce**

TIP How to Carve a Ribeye Roast

Boneless Ribeye Roast

- 1 Remove roast from oven, tent with foil and allow to rest for 15 minutes.
- 2 Place roast on cutting board fat side up.
- 3 With a sharp knife cut $\frac{1}{2}$ - $\frac{3}{4}$ -inch slices and serve.

Bone-In Ribeye Roast

- 1 Remove roast from oven, tent with foil and allow to rest for 15 minutes.
- 2 Place roast on cutting board bone side up.
- 3 With sharp knife, cut along each side of rib bone to create alternating bone-in and boneless slices to serve.

STEP 1 Choose Your Cut

Some of the best cuts for oven roasting include:



Tri-Tip Roast*



Ribeye Roast



Tenderloin Roast*

(*indicates lean)

STEP 2 Prepare Your Beef



Place roast (directly from the refrigerator), **fat side up, on rack in shallow roasting pan.** (The exception is the Bone-in Ribeye Roast; the ribs form a natural rack).



Heat oven to temperature specified in guidelines.



Season roast with herbs and seasonings, as desired.



Insert ovenproof meat thermometer so tip is centered in thickest part of roast, not resting in fat or touching bone. See next page for a temperature timetable.



**Do not add water.
Do not cover.**

STEP 3 Cook Your Beef

Roast according to guidelines.



Transfer roast to carving board and tent loosely with aluminum foil.



Let stand 15-20 minutes.

Roasting

BEEF CUT	WEIGHT (LBS.)	OVEN TEMP. (PREHEATED)	REMOVE ROAST FROM OVEN WHEN INTERNAL TEMP. REACHES	APPROX. COOKING TIME
Chuck				
Petite Tender Roast	8-12 oz.	425°F	135°F	Medium Rare: 20-25 minutes
			150°F	Medium: 25-30 minutes
Rib				
Ribeye Roast, Boneless (small end)	3-4	350°F	135°F	Medium Rare: 1 ½-1 ¾ hours
			145°F	Medium: 1 ¾-2 hours
	4-6		135°F	Medium Rare: 1 ¾-2 hours
			145°F	Medium: 2-2 ¼ hour
	6-8		135°F	Medium Rare: 2-2 ¼ hour
			145°F	Medium: 2 ¼-2 ½ hours
Ribeye Roast, Bone-In	4-6 (2 ribs)	350°F	135°F	Medium Rare: 1 ¾-2 ¼ hours
			145°F	Medium: 2 ¼-2 ¾ hours
	6-8 (2-4 ribs)		135°F	Medium Rare: 2 ¼-2 ½ hours
			145°F	Medium: 2 ½-3 hours
	8-10 (4-5 ribs)		135°F	Medium Rare: 2 ½-3 hours
			145°F	Medium: 3-3 ½ hours
Sirloin				
Tri-Tip Roast	1½-2	425°F	135°F	Medium Rare: 30-40 minutes
			150°F	Medium: 40-50 minutes
	2-3		135°F	Medium Rare: 40-50 minutes
			150°F	Medium: 50-60 minutes

Medium rare doneness = 145°F final internal temperature after 15-20 minute standing time.

Medium doneness = 160°F final internal temperature after 15-20 minutes standing time.

All cook times are based on beef removed directly from refrigerator.

Guidelines

BEEF CUT	WEIGHT (LBS.)	OVEN TEMP. (PREHEATED)	REMOVE ROAST FROM OVEN WHEN INTERNAL TEMP. REACHES	APPROX. COOKING TIME
Loin				
Tenderloin Roast (well-trimmed)	2-3 (center-cut)	425°F	135°F	Medium Rare: 35-45 minutes
			145°F	Medium: 45-50 minutes
	4-5 (whole)		135°F	Medium Rare: 45-55 minutes
			145°F	Medium: 55-65 minutes
Top Loin Strip Roast, Boneless	3-4	325°F	135°F	Medium Rare: 1 ¼-1 ½ hours
			145°F	Medium: 1 ½- 1 ¾ hours
	4- 6		135°F	Medium Rare: 1 ½-1 ¾ hours
			145°F	Medium: 1 ¾-2 hours
	6-8		135°F	Medium Rare: 1 ¾-2 hours
			145°F	Medium: 2-2 ¼ hours
Round				
Round Tip Roast OR Sirloin Tip Roast	3-4	325°F	140°F	Medium Rare: 1 ¾-2 hours
			150°F	Medium: 2-2 ¼ hours
	4-6		135°F	Medium Rare: 2-2 ¼ hours
			150°F	Medium: 2 ¼-2 ¾ hours
	6-8		135°F	Medium Rare: 2 ¼-2 ¾ hour
			150°F	Medium: 2 ¾-3 ¼ hours
Round Tip Center Roast or Sirloin Tip Center Roast	2-2 ½	325°F	135°F	Medium Rare: 1 ¼-1 ½ hours
Rump Roast, Bottom Round Roast	3-4	325°F	135°F	Medium Rare: 1 ¼-1 ¾ hours
Eye of Round Roast	2-3	325°F	135°F	Medium Rare: 1 ¼-1 ½ hours

ENTRÉE

Holiday Beef Tenderloin

 35-50 MINUTES	 MAKES 8-10 SERVINGS	 3 INGREDIENTS
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ENTRÉE

500° Eye-of-Round Roast

 2 ½-3 HOURS	 MAKES 4-6 SERVINGS	 1 INGREDIENT
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Ingredients

1 Beef Tenderloin Roast (2-3 lbs.)

¼ cup **Greek seasoning**

¼ cup medium ground **black pepper**

Preparation

- ① Heat oven to 425°F. Combine Greek seasoning and black pepper; roll roast in rub mixture to cover all surfaces.
- ② Place roast on rack in a shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef. Do not add water or cover. Roast in 425°F oven 35-45 minutes for medium rare; 45-50 minutes for medium doneness.
- ③ Remove roast when meat thermometer registers 135°F for medium rare; 145°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15-20 minutes. (Temperature will continue to rise about 10° to 15°F to reach 145°F for medium rare; 160°F for medium.)

Ingredients

1 Eye-of-Round Roast (2-3 lbs.)

Preparation

- ① Preheat oven to 500°F.
- ② Season roast as desired; place on rack in shallow roasting pan. Do not add water or cover.
- ③ Place roast in the preheated oven and lower temperature to 475°F. Roast at 475°F for 7 minutes per pound.
- ④ Turn oven off and let roast sit in oven 2 ½ hours. DO NOT OPEN OVEN DOOR DURING THIS 2 ½ HOUR TIME PERIOD.
- ⑤ Remove roast and slice thinly to maintain tenderness.

APPETIZER

Beef & Sweet Potato Empanadas

Ingredients

1 cup **sweet potato**, peeled and chopped into ½-inch pieces

½ lb. lean **Ground Beef**

1 cup **yellow onion**, chopped

1 clove **garlic**, finely chopped

½ tsp. **cumin**

1 tsp. **chili powder**

¼ tsp. dried **oregano**

¼ tsp. **paprika**

1 tsp. **salt**

¼ tsp. freshly **ground black pepper**

1 Tbsp. **cilantro**, chopped

½ can (10 oz.) diced **tomatoes and green chilies**, drained

¾ cup **shredded cheddar cheese**

1 package refrigerated **pie crusts** (2 crusts)




Try pairing with the avocado crema sauce recipe at beeflovingtexans.com

Preparation

- ① Place chopped sweet potato in small sauce pan. Cover with water and add 1 tsp. salt. Bring to a boil, reduce heat and cover. Cook 5 minutes or until tender. Drain and set aside.
- ② In a deep skillet begin browning beef over medium heat, breaking up with a spatula into crumbles. Add onion and stir until cooked through. Add chopped garlic and seasonings and continue cooking 1 minute. Add diced tomato and chilies and continue cooking on low heat for about 5 minutes. Add cilantro, sweet potatoes and cheese and stir to combine. Preheat oven to 400°F.
- ③ Cut dough into 6-inch rounds on a lightly floured work surface. Line 2 baking sheets with parchment or wax paper. Lay dough circles out on pans. Place 2 heaping Tbsp. of the meat filling on each circle, paint edges with water and fold dough in half to enclose. Use a fork to press and seal edges. In a small bowl, beat 1 egg and 1 Tbsp. water to make an egg wash and lightly brush the surface of each empanada.

 **1 ½ HOURS**

 **MAKES 12 SERVINGS**

 **14 INGREDIENTS**

Ingredients

2 ½-3 lb. **Chuck Roast**

2 Tbsp. **vegetable oil**

3 Tbsp. **all-purpose flour**

½ tsp. **salt**

½ tsp. **black pepper**

1 cup **Mexican beer**
(recipe tested
with Corona)

1 can (10 oz.)
**diced tomatoes and
green chilies**

1 can (15 oz.) **corn**,
drained

1 can (15 oz.) **black beans**,
drained and rinsed

1 cup prepared
pico de gallo

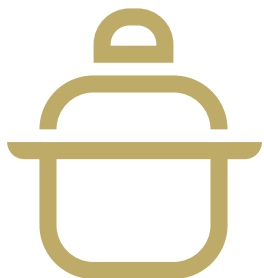
1 cup prepared
picante sauce

Shredded **Mexican
cheese** blend

Flour tortillas

Preparation

- ① Preheat oven to 325°F. Heat oil in Dutch oven over medium-high heat until hot.
- ② Combine flour, salt and pepper in sealable plastic bag. Add roast and turn to coat evenly. Place roast in hot pan. Brown on all sides.
- ③ Add beer, tomatoes, corn, black beans, pico de gallo and picante sauce. Cover tightly with lid and place in preheated oven. Cook 3-3 ½ hours, or until fork tender.
- ④ Remove from oven, allow to cool 10-15 minutes. Shred beef with fork, removing any remaining fat. Stir to incorporate all ingredients in pan.
- ⑤ Serve on flour tortillas topped with grated cheese.



ENTRÉE

Mexican-Style Pot Roast



3 ½
HOURS



MAKES 8-10
SERVINGS



13
INGREDIENTS

BREAKFAST

Brunch Beef Strata



Ingredients

1 ½ lbs. **Ground Beef**

½ tsp. **salt**

¼ tsp. **pepper**

1 Tbsp. **olive oil**

4 oz. **button mushrooms**, sliced

1 cup chopped **onion**

1 tsp. **dried thyme leaves**, crushed

2 cups **milk**

5 large **eggs**

8 cups **crustless bread cubes** (¾-inch)

2 cups shredded **Asiago or fontina cheese**

1 cup **cherry or grape tomatoes**, cut in half

Thinly sliced **fresh basil**



Preparation

- ① Heat oven to 350°F. Brown Ground Beef in large nonstick skillet over medium heat 8-10 minutes or until beef is no longer pink, breaking into ¾-inch crumbles. Remove from skillet with slotted spoon; season with ½ tsp. salt and ¼ tsp. pepper. Set aside. Pour off drippings from skillet.
- ② Heat oil in same skillet over medium heat until hot. Add mushrooms and onion; cook 3-4 minutes or until vegetables are tender, stirring frequently. Return beef to skillet. Add thyme; cook 3-5 minutes or until heated through, stirring frequently. Remove from heat. Set aside.
- ③ Whisk milk, eggs, ½ tsp. salt and ¼ tsp. pepper in large bowl until blended.
- ④ Spray 2 ½-3-quart shallow baking dish with nonstick cooking spray. Layer half of bread cubes, ½ cup of cheese and half of beef mixture in dish. Pour half of egg mixture over top. Top with remaining bread cubes, ½ cup cheese and remaining beef and egg mixtures. Sprinkle with remaining 1 cup cheese. Press any dry bread cubes into egg mixture. Cover with aluminum foil; refrigerate 6 hours or as long as overnight.
- ⑤ Bake strata, covered with foil, 55 minutes. Remove foil. Bake, uncovered, 10-15 minutes or until puffed and lightly browned. Let stand 5 minutes. Top with tomatoes and basil, as desired.



**1 ½
HOURS**



**MAKES
6 SERVINGS**



**13
INGREDIENTS**

Ingredients

1 recipe **Mexican-Style Beef Breakfast Sausage** (recipe follows)

1 package (8 ½ oz.) **cornbread muffin mix**

1 large **egg**

½ cup **low-fat or skim milk**

½ cup **shredded Mexican cheese blend**

Preparation

- ① Prepare Mexican-Style Beef Sausage. Remove from pan.

Mexican-Style Beef Sausage: Combine 1 lb. Ground Beef, 2 Tbsp. red wine vinegar, 1 ½ tsp. dried oregano leaves, 1 ½ tsp. smoked paprika, 1 ½ tsp. chili powder, 1 tsp. garlic powder, ½ tsp. salt and ½ tsp. chipotle chili powder in large mixing bowl mixing lightly but thoroughly. Heat large nonstick skillet over medium heat until hot. Add sausage mixture; cook 8-10 minutes, breaking into ½-inch crumbles and stirring occasionally.

- ② Preheat oven to 350°F. Prepare muffin batter according to package directions with egg and milk. Fold sausage into muffin batter.
- ③ Spray 24 mini-muffin cups with nonstick cooking spray.
- ④ Divide muffin batter evenly among 24 mini-muffin cups, filling cup to top. Top batter evenly with cheese. Bake for 15-20 minutes or until muffins are cooked through and cheese is melted and golden brown.

APPETIZER

Easy Mexican Beef Cornbread Muffins



25-30
MINUTES



MAKES
8 SERVINGS



5
INGREDIENTS



FOR THESE RECIPES AND MORE, VISIT
BeefLovingTexans.com

