



## Roast beef

6 servings

Preparation time : 5 minutes

Cooking time: 1 hour 5 minutes

(20 min. per pound at 375 °F, 190 °C)

### Ingredients

- \* 3 pounds eye of the round roast beef
- \* 1/2 teaspoon low salt
- \* 1/2teaspoon garlic powder
- \* 1/4 teaspoon freshly ground black pepper

### Preparation

- 1 - Preheat oven to 375 °F(190 °C). If roast is untied, tie at 7 ½ cm intervals with cotton twine.  
Place roast in a roasting pan and season with salt, garlic powder and pepper.  
Add more or less seasonings to taste.
- 2 - Place roast in oven for 60 minutes (20 minutes per pound).
- 3 - When cooked remove from oven, cover loosely with foil and let rest for 15 to 20 minutes.
- 4 - Slice thinly and serve with gravy, mashed potatoes and vegetables of choice.  
Be sure to stir in meat juices to gravy before serving.