





OVEN ROASTS

BEEF CUT	OVEN TEMP.	WEIGHT	TOTAL COOKING TIME
Tri-Tip Roast	425°F	1-1/2 to 2 lbs.	Medium rare: 30 to 40 minutes Medium: 30 to 40 minutes
Eye Round Roast	325°F	2 to 3 lbs.	Medium rare: 1-1/2 to 1-3/4 hrs <i>Recommend cooking to medium rare (145°F) doneness only.</i>
Round Tip Roast	325°F	3 to 4 lbs.	Medium rare: 1-3/4 to 2 hrs
		3 to 4 lbs.	Medium: 2-1/4 to 2-1/2 hrs
		4 to 6 lbs.	Medium rare: 2 to 2-1/2 hrs
		4 to 6 lbs.	Medium: 2-1/2 to 3 hrs
 	325°F	6 to 8 lbs.	Medium rare: 2-1/2 to 3 hrs
		6 to 8 lbs.	Medium: 3 to 3-1/2 hrs

- 1 Pre-heat oven to temperature on chart. Place roast, fat side up, on rack in shallow roasting pan. Insert overproof meat thermometer so tip is centered in thickest part of roast. Do not add water or cover.
- 2 Roast according to chart. Remove when meat thermometer registers 135° to 140°F for medium rare, 150° to 155°F for medium. Let roast stand 15 minutes. (Temperature will continue to rise 5° to 10°F to reach desired doneness and roast will be easier to carve).