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# 3 SIMPLE STEPS FOR OVEN ROASTING BEEF



## 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\*



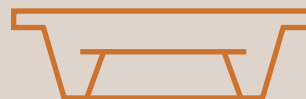
Ribeye Roast



Tenderloin Roast\*

(\*indicates lean)

## STEP 2: Prepare Your Beef



Place roast directly from the refrigerator fat side up on rack in shallow roasting pan.

*\*Exception: Bone-in Ribeye roast does not need a rack. The ribs form a natural rack.*



Heat oven to temperature specified in guidelines (see next page).



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** (see next page)



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



Let stand for 15-20 minutes.



# ROASTING

BEEF CUT	WEIGHT	OVEN TEMP. (PREHEATED)	APPROX. COOKING TIME	INTERNAL ROAST TEMP. (REMOVE FROM OVEN WHEN TEMP. REACHES)
CHUCK				
Petite Tender Roast	8-12 oz.	425°F	Medium Rare: 20-25 minutes	135°F
			Medium: 25-30 minutes	150°F
RIB				
Ribeye Roast, boneless (small end)	3-4 lbs.	350°F	Medium Rare: 1½-1¾ hours	135°F
	4-6 lbs.		Medium: 1¾-2 hours	145°F
			Medium Rare: 1¾-2 hours	135°F
			Medium: 2-2¼ hours	145°F
			Medium Rare: 2-2¼ hours	135°F
	6-8 lbs.		Medium: 2¼-2½ hours	145°F
Ribeye Roast, bone-in	4-6 lbs. (2 ribs)	350°F	Medium Rare: 1¾-2¼ hours	135°F
	6-8 lbs. (2-4 ribs)		Medium: 2¼-2¾ hours	145°F
			Medium Rare: 2¼-2½ hours	135°F
			Medium: 2½-3 hours	145°F
			Medium Rare: 2½-3 hours	135°F
	8-10 lbs. (4-5 ribs)		Medium: 3-3½ hours	145°F
SIRLOIN				
Tri-Tip Roast	1-2	425°F	Medium Rare: 30-40 minutes	135°F
			Medium: 40-50 minutes	150°F
	2-3		Medium Rare: 40-50 minutes	135°F
			Medium: 50-60 minutes	150°F

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

## Medium Rare doneness:

145°F final internal temperature  
after 15-20 minutes standing time.

## Medium doneness:

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

# GUIDELINES

BEEF CUT	WEIGHT	OVEN TEMP. (PREHEATED)	APPROX. COOKING TIME	INTERNAL ROAST TEMP. (REMOVE FROM OVEN WHEN TEMP. REACHES)
LOIN				
Tenderloin Roast (well-trimmed)	2-3 lbs. (centercut)	425°F	Medium Rare: 35-45 minutes	135°F
	4-5 lbs. (whole)		Medium: 45-50 minutes	145°F
			Medium Rare: 45-55 minutes	135°F
			Medium: 55-65 minutes	145°F
Top Loin Strip Roast, boneless	3-4 lbs.	325°F	Medium Rare: 1¼-1½ hours	135°F
	4-6 lbs.		Medium: 1½-1¾ hours	145°F
			Medium Rare: 1½-1¾ hours	135°F
			Medium: 1¾-2 hours	145°F
			6-8 lbs.	Medium Rare: 1¾-2 hours
	Medium: 2-2¼ hours			145°F
ROUND				
Round Tip Roast or Sirloin Tip Roast	3-4 lbs.	325°F	Medium Rare: 1¾-2 hours	140°F
	4-6 lbs.		Medium: 2-2¼ hours	150°F
			Medium Rare: 2-2¼ hours	135°F
			Medium: 2¼-2¾ hours	150°F
			6-8 lbs.	Medium Rare: 2¼-2¾ hours
	Medium: 2¾-3¼ hours			150°F
Round Tip Center Roast or Sirloin Tip Center Roast	2-2½ lbs.	325°F	Medium Rare: 1¼-1½ hours	135°F
Rump Roast, Bottom Round Roast	3-4 lbs.	325°F	Medium Rare: 1¼-1¾ hours	135°F
Eye-of-Round Roast	2-3 lbs.	325°F	Medium Rare: 1¼-1½ hours	135°F



# HOLIDAY BEEF TENDERLOIN



35-50  
MINUTES



8-10  
SERVINGS



3  
INGREDIENTS

## INGREDIENTS

- ❑ 2-3 lbs. Beef Tenderloin roast
- ❑ 1 cup Greek seasoning
- ❑ 1 cup medium-ground black pepper

## PREPARATION

- ① Preheat 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. The temperature will continue to rise about 10°-15°F to reach 145°F for medium rare; 160°F for medium.

# 500°F EYE-OF-ROUND ROAST



2½-3  
HOURS



4-6  
SERVINGS



1  
INGREDIENT

## 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 2½ hours. Do not open the oven door during this 2½ hour time period.
- ⑤ Remove roast and slice thinly to maintain tenderness.



# BEEF AND SWEET POTATO EMPANADAS



1½  
HOURS



12  
SERVINGS



14  
INGREDIENTS

## INGREDIENTS

- ❑ ½ lb. Ground Beef
- ❑ 1 cup sweet potato, peeled and chopped into ½-inch pieces
- ❑ 1 tsp. salt
- ❑ 1 cup yellow onion, chopped
- ❑ 1 clove garlic, finely chopped
- ❑ ½ tsp. cumin
- ❑ 1 tsp. chili powder
- ❑ ¼ tsp. dried oregano
- ❑ ¼ tsp. paprika
- ❑ ¼ tsp. freshly ground black pepper
- ❑ ½ can (10 oz.) diced tomatoes and green chilies, drained
- ❑ 1 Tbsp. cilantro, chopped
- ❑ ¾ cup shredded cheddar cheese
- ❑ 12 empanada wrappers or 1 package refrigerated pie crusts (2 crusts)
- ❑ 1 egg
- ❑ 1 Tbsp. water



Try pairing with avocado crema sauce. Find the recipe at: [BeefLovingTexans.com](https://www.beeflovingtexans.com)



## PREPARATION

- ① Preheat oven to 400°F.
- ② Chop sweet potato, onion, garlic, and cilantro. Combine spices and set aside.
- ③ 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.
- ④ Heat large nonstick skillet over MEDIUM heat. Add Ground Beef and cook 8-10 minutes, breaking beef into small crumbles and stirring occasionally. Add onion and stir until cooked through. Add chopped garlic and seasonings; continue cooking 1 minute. Add diced tomato and chilies; continue cooking on LOW heat for about 5 minutes. Add cilantro, sweet potatoes, and cheese; stir to combine.
- ⑤ **Option 1 - Empanada wrappers:** Roll slightly to flatten wrappers on a lightly floured surface.  
**Option 2 - Pie crusts:** Cut dough into 6-inch rounds on a lightly floured surface.  
Line 2 baking sheets with parchment or wax paper and arrange wrappers or pie crusts on top. Place 2 heaping Tbsp. of beef filling on each wrapper or pie crust and fold in half. Use a fork to press and seal edges. In a small bowl, beat egg and water and lightly brush the surface of each empanada.
- ⑥ Bake for 25-30 minutes or until golden brown.



## INGREDIENTS

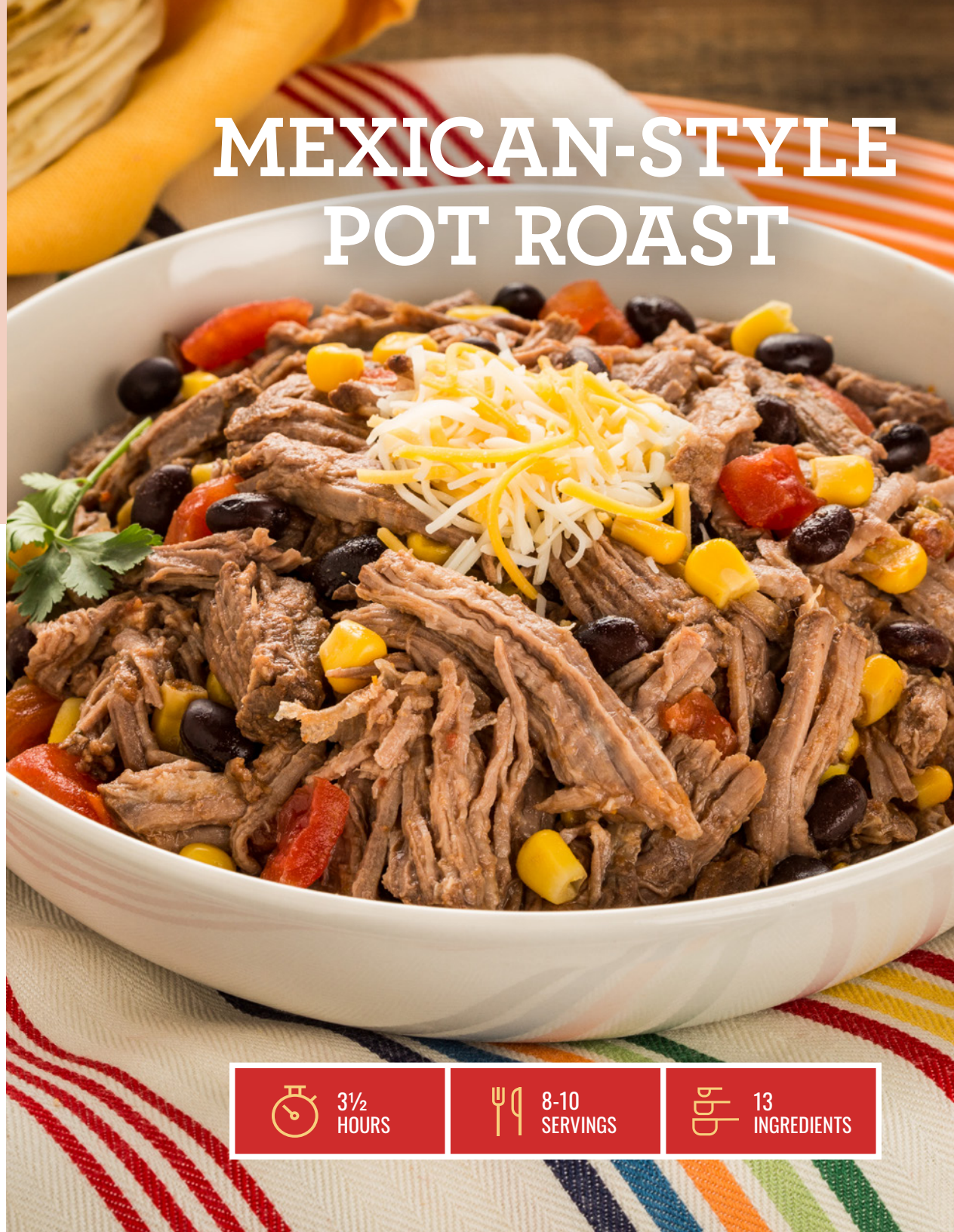
- ❑ 2½-3 lbs. Chuck roast
- ❑ 2 Tbsp. vegetable oil
- ❑ 3 Tbsp. all-purpose flour
- ❑ ½ tsp. salt
- ❑ ½ tsp. black pepper
- ❑ 1 cup Mexican beer (recipe tested with Corona)
- ❑ 1 can (10 oz.) tomatoes and green chilies, drained and diced
- ❑ 1 can (15 oz.) corn, drained
- ❑ 1 can (15 oz.) black beans, drained and rinsed
- ❑ 1 cup prepared pico de gallo
- ❑ 1 cup prepared picante sauce
- ❑ Mexican cheese blend, shredded
- ❑ 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 shredded per ingredient list.



# MEXICAN-STYLE POT ROAST



 3½ HOURS

 8-10 SERVINGS

 13 INGREDIENTS



# BRUNCH BEEF STRATA



## INGREDIENTS

- ❑ 1½ lbs. Ground Beef (90% lean)
- ❑ 1 tsp. salt
- ❑ ½ tsp. black pepper
- ❑ 1 Tbsp. olive oil
- ❑ 4 oz. button mushrooms, sliced
- ❑ 1 cup onion, chopped
- ❑ 1 tsp. dried thyme leaves, crushed
- ❑ 2 cups milk
- ❑ 5 large eggs
- ❑ 8 cups crustless bread cubes (¾-inch)
- ❑ 2 cups Asiago or Fontina cheese, shredded
- ❑ 1 cup cherry or grape tomatoes, cut in half
- ❑ Fresh basil, thinly sliced

## PREPARATION

- ❶ Heat large nonstick skillet over MEDIUM heat until hot. Add Ground Beef; cook 8-10 minutes, breaking into ¾-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon; season with ½ tsp. salt, ¼ tsp. pepper, and set aside. Pour off drippings from skillet.
- ❷ 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 and set aside.
- ❸ Whisk milk, eggs, remaining ½ tsp. salt, and ¼ tsp. pepper in large bowl until blended.
- ❹ Spray 2½-3-quart shallow baking dish with nonstick cooking spray. Layer half of the bread cubes, ½ cup of the cheese, and half of the beef mixture in dish. Pour half of the egg mixture over the top. Top with remaining bread cubes, ½ cup of 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.
- ❺ Preheat oven to 350°F. Bake strata covered, 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.



1½  
HOURS



6  
SERVINGS



14  
INGREDIENTS



## INGREDIENTS

- ❑ Mexican-Style Beef Breakfast Sausage (see step 1 in preparation)
- ❑ 1 package (8½ oz.) cornbread muffin mix
- ❑ 1 large egg
- ❑ ⅓ cup low-fat or skim milk
- ❑ ½ cup Mexican cheese blend, shredded

## PREPARATION

- ① Prepare Mexican-Style Beef Sausage. Remove from pan.  
**Mexican-Style Beef Sausage:** Combine 1 lb. Ground Beef, 2 Tbsp. red wine vinegar, 1½ tsp. dried oregano leaves, 1½ tsp. smoked paprika, 1½ 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 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.



# EASY MEXICAN BEEF CORNBREAD MUFFINS



25-35  
MINUTES



8  
SERVINGS



5  
INGREDIENTS