

Peppery Beef Rib Roast

Total recipe time: 2-3/4 to 3-1/2 hours Makes 8 to 10 servings



Ingredients

1. 1 beef rib roast (2 to 4 ribs), small end, chine (back bone removed) (6 to 8 pounds)
2. 1 can (14 to 14-1/2 ounces) ready-to-serve beef broth
3. 2 teaspoons chopped fresh thyme
4. Salt

Rub:

- 2 tablespoons pepper seasoning blend
- 2 tablespoons minced garlic

Instructions

Heat oven to 350°F. Combine rub ingredients in small bowl; reserve 2 tablespoons for au jus. Press remaining rub evenly onto all surfaces of beef roast.

1. Place roast, fat side up, in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat or touching bone. Do not add water or cover. Roast in 350°F oven 2-1/4 to 2-1/2 hours for medium rare; 2-3/4 to 3 hours for medium doneness.
2. Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
3. Combine broth and reserved rub in small saucepan; bring to a boil. Reduce heat; simmer 5 minutes. Stir in thyme; continue simmering 2 minutes.
4. Carve roast into slices. Season with salt, as desired. Serve with au jus.

Nutritional Information Per Serving

Nutrition information per serving (1/8 of recipe): 318 calories; 12 g fat (5 g saturated fat; 5 g monounsaturated fat); 114 mg cholesterol; 468 mg sodium; 4 g carbohydrate; 0.1 g fiber; 48 g protein; 13.9 mg niacin; 1.0 mg vitamin B6; 2.6 mcg vitamin B12; 3.1 mg iron; 57.2 mcg selenium; 8.8 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, selenium and zinc; a good source of iron.

Source:

Cattlemen's Beef Board and National Cattlemen's Beef Association.
<http://www.beefitswhatsfordinner.com/>