

# BEEF ROUND ROAST

## FROZEN, READY-TO-COOK

for use in the USDA Household Commodity Food Distribution Programs

11/30/07

### Product Description

- **Beef Round Roast** is vacuum packaged, frozen, and ready-to-cook.
- Each roast weighs between 2 to 3 pounds.

### Yield

A 2-pound roast will yield, after cooking, about 3.25 3-ounce servings.

### Storage

- Keep roast frozen at 0°F or below until ready to use.
- Store leftover roast in a covered non-metallic container and refrigerate. Use within 3 days.

### Preparation

- Thaw wrapped roast in the refrigerator on a platter. Set on the lowest shelf away from other foods.
- Allow 3 to 5 hours per pound thawing time. For food safety reasons, **do not** thaw the roast at room temperature.

### Cooking

- A beef round roast may be braised or pot roasted. Cook meat slowly in a small amount of liquid in a covered pan.
- For maximum tenderness, cook until well done or about 2½ hours for a 3-pound roast.



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### Nutrition Information

- **Beef** is a source of protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.
- 1 ounce of cooked beef roast counts as 1 ounce-equivalent from the **MyPyramid.gov** Meat and Beans group.

Nutrition Facts	
Serving size 3 ounces (85g) beef round roasted	
<b>Amount Per Serving</b>	
<b>Calories</b> 180	<b>Fat Cal</b> 83
<b>% Daily Value*</b>	
<b>Total Fat</b> 9.2g	<b>14%</b>
Saturated Fat 3.5g	<b>18%</b>
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 23g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet.	

*(See recipe and menu ideas on reverse side)*

## Peppered Beef Roast

2 - 3 pound beef round roast  
2 teaspoons cracked black pepper  
2 teaspoons dry mustard  
1 large clove garlic, crushed  
1/2 teaspoon ground allspice  
1/2 teaspoon ground red pepper  
1 teaspoon vegetable oil

1. Preheat oven to 350°F.
2. Combine black pepper, mustard, garlic, allspice, and red pepper; stir in oil to form paste. Rub evenly over surface of beef roast.
3. Place roast, fat side up, on rack in shallow roasting pan. Insert meat thermometer into thickest part of roast, not touching fat. Do not add water. Do not cover.
4. Roast in 325°F oven approximately 1-3/4 to 2 hours for medium rare doneness, 2-1/4 to 2-1/2 hours for medium doneness.
5. Remove roast when meat thermometer registers 140°F for medium rare; 155°F for medium. Cover roast with aluminum foil tent and allow to stand 15 to 20 minutes. Roast will continue to rise about 5°F in temperature to reach 145°F for medium rare doneness; 160°F for medium doneness. Trim excess fat from roast before carving.

***Makes 6 servings***

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### Nutrition Information for each serving of Peppered Beef Roast:

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Calories	187	Cholesterol	66 mg	Sugar	0 g	Calcium	10 mg
Calories from Fat	93	Sodium	45 mg	Protein	22 g	Iron	2.0 mg
Total Fat	10.3 g	Total Carbohydrate	1 g	Vitamin A	3 RAE		
Saturated Fat	3.9 g	Dietary Fiber	0.3 g	Vitamin C	0.5 mg		

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***This recipe, presented to you by USDA, has not been tested or standardized.***

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## Beef Bottom Roast Menu Ideas

- Use cooked sliced beef to make cold or hot sandwiches.
- Beef may be cubed and used in casseroles, soups, and stews.
- Cut beef into strips and use in fajitas and beef stir-fry.
- Add diced roast beef to an omelet along with mushrooms, onions, and spinach.
- Mix shredded beef with prepared barbecue sauce and heat. Serve on whole grain sandwich buns.
- Add strips of beef to green salads.
- Add small pieces of beef to a seasoned spaghetti sauce.
- Combine finely diced or shredded roast beef with chopped onion and diced potatoes; then scramble with eggs.

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