



# Eye of Round Roast with Hearty Root Vegetables

Roast once, eat twice!  
This delicious roast dinner  
will yield tasty leftovers  
for sandwiches or soups  
later in the week.



## Ingredients

1 (4-pound)

**Certified Hereford Beef®**

eye of round roast

Salt and pepper to taste

3 tablespoons olive oil, divided

2 large onions, quartered

1 pound new potatoes,  
cut in half

3 large carrots, peeled and cut  
into chunks

1 parsnip, peeled and cut  
into chunks

4 cloves garlic, cut into slivers

1 teaspoon dried rosemary

**Serves 4 to 6**

## Preparation

- 1. PREHEAT** the oven to 350 degrees. Place the beef in a large roasting pan, brush with 1/2 tablespoon of the olive oil, and season with salt and pepper. Place the vegetables, garlic, and rosemary in a large bowl. **DRIZZLE** with the remaining 2-1/2 tablespoons olive oil and toss to coat with the oil. Arrange the vegetable mixture around the beef in the pan.
- 2. ROAST** for 45 minutes, then remove from the oven and carefully stir the vegetables. Place a meat thermometer in the center of the roast. Return to the oven and roast for another 35 to 45 minutes, or until the beef registers 145 degrees for medium and the vegetables are crisp on the outside, tender on the inside.

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