Fennel-Crusted Beef Roast With White Beans, Tomatoes And Arugula

Pureed white beans perfectly compliment the unmistakable flavor of fennel on this juicy Sirloin Tip Roast.

3.25 Hours	10 Servings	42 Cal	43g Protein

INGREDIENTS

1 beef Sirloin Tip Roast (4 to 6 pounds)

2 cans (15 ounces each) Great Northern beans

2 tablespoons olive oil

1 teaspoon minced garlic

1 teaspoon chopped fresh rosemary

1/2 teaspoon salt

1/4 teaspoon pepper

1 tablespoon olive oil

2 cups grape tomatoes

6 cups fresh baby arugula or fresh baby spinach (about 5 ounces)

Shaved Parmesan cheese (optional)

2 tablespoons minced garlic

1 tablespoon fennel seeds

2 teaspoons coarse grind black pepper

COOKING

1. Heat oven to 325°F. Combine seasoning ingredients; press evenly onto all surfaces of beef roast.

2. Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast in 325°F oven 2 to 2-1/4 hours for medium-rare , 2-1/4 to 2-3/4 hours for medium doneness.

3. Meanwhile drain beans, reserving 1/4 cup liquid. Place beans, 2 tablespoons reserved liquid, 2 tablespoons oil and garlic in a food processor. Cover; process until smooth. Add rosemary, salt and pepper. Cover; pulse on and off until well blended. Cover; refrigerate until ready to use. Refrigerate remaining 2 tablespoons bean liquid.

4. 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, covered, 15 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium-rare, 160°F for medium.)

5. Just before serving, heat 1 tablespoon oil in large nonstick skillet over medium heat. Add tomatoes; cook and

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stir 2 to 3 minutes or until skins begin to split. Add arugula; remove from heat. Toss to coat with oil. Season with salt and pepper, as desired. Remove from skillet; keep warm. Add bean mixture to skillet. Cook and stir over medium heat 3 to 5 minutes or until just heated through, adding 1 to 2 tablespoons remaining bean liquid as necessary for desired consistency.

6. Carve roast into thin slices. Serve with bean and arugula mixtures. Garnish with cheese, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
10		13g	120mg		15g	43g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com

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