Beef Roast With Green Beans &Amp; Onions

Pair a Sirloin Tip Roast with bacon, green beans and onions for a meal fit for a king. Enjoy!

2.75	8	42 Cal	51g
Hours	Servings		Protein

INGREDIENTS

1 beef Sirloin Tip Roast (4 pounds)

1 tablespoon minced garlic

1/2 to 3/4 teaspoon cracked black pepper

4 slices bacon, cut into 1 inch pieces

2 large onions, cut into 1/2 inch wedges

2 tablespoons red wine vinegar

1 tablespoon packed brown sugar

1 package (16 ounces) frozen green beans, cooked, warm

1 jar (12 ounces) beef gravy

1/4 teaspoon Worcestershire sauce

COOKING

1. Heat oven to 325°F. Combine garlic and pepper; press onto beef Sirloin Tip Roast. 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 hours for medium rare; 2-1/4 hours for medium doneness.

2. Cook bacon in large skillet until crisp; remove bacon. Pour off all but 2 tablespoons drippings. Add onions; cook over medium-low heat 35 to 40 minutes or until very soft, stirring occasionally. Stir in vinegar and sugar. Cook over medium-high heat 1 to 2 minutes or until liquid is evaporated. Add beans and bacon. Season with salt and pepper.

3. Remove roast when meat thermometer registers 140°F for medium rare; 150°F for medium. Tent with foil. Let stand 20 minutes. (Temperature will continue to rise about 5°F to reach 145°F for medium rare; 155°F for medium.)

4. Remove rack from pan; stir in gravy, Worcestershire sauce and 1/4 cup water. Cook and stir over medium-low heat 3 to 5 minutes or until bubbly. Carve roast. Serve with sauce and vegetables.

NUTRITION

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Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
8		13g	154mg		12g	51g	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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