

High Temp Roast Beef

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Servings depend on the size of your roast. I typically use a 3 pound roast.

Blue – 3 oz – 4 points

Purple – 3 oz – 4 points

Green – 3 oz – 4 points

- 1 3 pound eye roast
- salt and pepper
- any additional seasonings you like – garlic powder, onion powder, thyme, rosemary...your favorites

1. Preheat oven to 500 degrees for at least 20 minutes.
2. Rub the roast with desired spices – covering all areas of the roast
3. Place the roast FAT SIDE UP in a roasting pan. Do not add water, do not cover
4. Turn oven down to 475. Place roast in oven for 7 minutes per pound. (3 lb – 21 minutes, 4 pounds 28 minutes, etc)
5. After the cooking time, turn oven off. DO NOT OPEN THE OVEN!!!!!! DO NOT!!!! Let sit in oven for 2 1/2 hours – did I mention DO NOT OPEN THE OVEN?

6. Let rest for 20 minutes under a piece of foil. Slice and serve.
7. NOTES: I put a thermometer in the thickest part of the roast and set the alarm to 145, so I know it gets up to temp. If you check the temp at the end, it will not read 145 because it will cool. You may also need to heat it up a bit after you slice it, depending on the temp at which you like to eat it.