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HomeRecipesDishes & BeveragesPot Roasts Our mom-Elizabeth Lorenz Abel-topped beef rib roast with bacon and onion. Whenever I prepare it, I can't help but reminisce about the wonderful life she gave me and my brothers. —Betty Abel Jellencich, Utica, New York1 bone-in beef rib roast (4 to 5 pounds)1 garlic clove, minced1 teaspoon salt1/2 teaspoon pepper1 small onion, sliced6 to 8 bacon stripsPlace roast, fat side up, on a rack in a shallow roasting pan. Rub with garlic, salt and pepper; top with onion and bacon. Bake, uncovered, at 325° for 2-3 hours or until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°). Transfer to warm serving platter. Let stand for 10-15 minutes before slicing. HomeRecipesDishes & BeveragesPot Roasts Because this healthy dish is slow-cooked, you can use less expensive roasts with results as mouthwatering as the more costly cuts. Change up the veggies for variety, nutrition or to suit your tastes!—Sandra Dudley, Bemidji, Minnesota Prep: 25 min. Cook: 7 hours 1 pound red potatoes (3-4 medium), cubed1-1/2 cups fresh baby carrots1 medium green pepper, chopped1 medium parsnip, chopped1/4 pound small fresh mushrooms1 small red onion, chopped1 beef rump roast or bottom round roast (3 pounds)1 can (14-1/2 ounces) beef broth3/4 teaspoon salt3/4 teaspoon dried oregano1/4 teaspoon pepper3 tablespoons cornstarch1/4 cup cold waterPlace vegetables in a 5-qt. slow cooker. Cut roast in half; place over vegetables. Mix broth and seasonings; pour over roast. Cook, covered, on low until meat and vegetables are tender, 7-9 hours. Remove roast and vegetables from slow cooker; keep warm. Transfer cooking juices to a small saucepan; bring to a boil. Mix cornstarch and water until smooth; stir into cooking juices. Return to a boil; cook and stir until thickened, 1-2 minutes. Serve with roast and vegetables. 1 serving: 304 calories, 8g fat (3g saturated fat), 101mg cholesterol, 533mg sodium, 19g carbohydrate (4g sugars, 3g fiber), 36g protein. Diabetic Exchanges: 5 lean meat, 1 starch. Home Recipes Ingredients Meat & Poultry Beef Grilling the tortillas in this easy fajita recipe makes them have just the right amount of crunch, and the red pepper and cream cheese really makes them feel special. 1 cup julienned sweet red pepper1/2 cup sliced onion2 tablespoons olive oil, divided3/4 pound boneless beef top round steak, cut into thin strips1 teaspoon Italian seasoning1/4 teaspoon salt1/4 teaspoon pepper1/4 cup spreadable chive and onion cream cheese4 flour tortillas (8 inches), warmedIn a large skillet, saute red pepper and onion in 1 tablespoon oil until crisp-tender; remove and set aside. In the same skillet, saute the steak, Italian seasoning, salt and pepper in remaining oil for 2-4 minutes or until meat reaches desired doneness. Return vegetables to the pan; heat through. Spread 1 tablespoon of cream cheese off-center on each tortilla; top with beef mixture. Fold in sides and roll up. Cook on a panini maker or indoor grill for 3-4 minutes or until tortilla is browned. 1 each: 379 calories, 18g fat (6g saturated fat), 63mg cholesterol, 489mg sodium, 29g carbohydrate (2g sugars, 1g fiber), 25g protein. HomeRecipesDishes & BeveragesBBQ Bold flavors bring out the best in these super-tender steaks. —Patricia Swart, Galloway , New Jersey1/4 cup dry red wine1/4 cup reduced-sodium soy sauce1/2 teaspoon garlic powder1/2 teaspoon dried oregano1/4 teaspoon ground cumin1/4 teaspoon ground ancho chile pepper1/4 teaspoon pepper2 beef tenderloin steaks (6 ounces each)In a shallow dish, combine the first seven ingredients. Add steaks and turn to coat. Cover; refrigerate for up to 4 hours. Drain and discard marinade. Lightly oil the grill rack. Grill steaks, covered, over medium heat or broil 4 in. from the heat for 4-6 minutes on each side or until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°). 1 each: 263 calories, 10g fat (4g saturated fat), 75mg cholesterol, 402mg sodium, 1g carbohydrate (0 sugars, 0 fiber), 37g protein. Diabetic Exchanges: 5 lean meat. 07/22/2006 I have been making my roast beef this way forever! It is perfection, IF you heed these basic tips: No other cut of meat will produce a REAL roast beef, but the eye roast!...Every oven is different, so know your ovens well. A three pound roast will cook faster in a new oven than it would in a twenty year old oven...INVEST IN A MEAT THERMOMETER, this is the best thing you can have when roasting a beef...Be mindful that when a roast comes out of the oven it will cook in its own heat and the temp will rise. Not everyone likes a bloody roast. WE DO, and I take mine out at 120, let it stand and it is about 130-135 when time to cut...ANOTHER IMPORTANT TIP: BEFORE COOKING LET YOUR ROAST SIT OUT ON THE COUNTER UNTIL IT REACHES ROOM TEMP. IT WILL MAKE FOR EVEN COOKING. So, their you have it, my advice to all of you bad reviewers. Roasting a beef is not an exact science nor are the cooking times exact...keep trying! This is the best roast beef! 09/12/2007 This was wonderful. Please don't pass this up because of reviews saying cooking this way will result in a tough dinner - they surely didn't try it. As others have suggested, make sure your oven temp is accurate, a meat thermometer is a plus and the REAL secret is allowing the meat to rest, covered, for 15 or so minutes while you prepare the rest of your meal. (take the meat out before it reaches the desired temperature, as it cooks a bit more while it rests) Eye of round is a nice lean cut of meat - and it does NOT benefit from boiling it as some would suggest. You will not get a fall apart shreddy kind of roast - this will be a nice moist firm roast that slices nicely, and there is no waste. Stick to the recipe, use the right cut of meat and follow the directions and you won't be disappointed. And you'll have flavorful juice all over your cutting board to moisten the meat after you cut it. I added a bit of thyme to the seasoning mix, as my family loves beef with thyme, but i would not suggest any liquids be added. YUM!!! 02/02/2004 The roast tasted really good, and we thoroughly enjoyed it. However, because the roast is not cooking in any liquid, it was a little tough (though it wasn't too bad). I would recommend adding some water to the bottom of the pan while it is in the oven to make it a little more tender. This roast, however, will not produce any gravy. Also, I would suggest adding some onion to the top while it cooks for a little flavoring. This is a great recipe for anyone who wants a simple pot roast that isn't too much work and doesn't have to cook too long, but if you are wanting a more tender and more flavorful one, i suggest trying a different recipe. 12/13/2010 This is a very simple and good recipe. GRRRR. For those who say you must cook moist, or that this is dry, then I feel sorry that you have never experienced real roast beef. Ladies and gentlemen, there are (at a minimum) two distinctly different ways of cooking a beef roast and (surprise!) they come out differently and are used for different purposes. First, "Roast Beef" (this recipe) and second "Pot Roast." If your mother did not make the distinction clear, or did not know herself, I will clarify. ----- Roast beef is cooked dry. This is what you are served at the buffet where the chef cuts thin slices for you, plates, and ladles on some juice. This is what you need to make Roast Beef Manhattan. This is what you need for a French Dip. This, (with more seasonings and a few post-roasting steps) is the start of "Italian Beef 'sangwich'." ----- OTOH, Pot roast is cooked moist, in a pot. The pot may be in the oven, on the stove, or a slow cooker. Vegetables, typically carrots and potatoes, frequently some onion, are cooked in water, broth, or tomato sauce. This produces a "one pot meal" and is often passed on a platter. Each diner takes vegetables and a chunk of coarsely cut meat. The moist heat causes the meat to be very tender (yet because of large cut may be fibrous), pieces may be pulled off with the fork and a knife is often not needed. 01/25/2004 This is an awful way to cook a roast. The seasonings are fine, but this rapid cooking without any liquid produces a tough, dry result. Liquid and slower cooking are essential if people are actually going to enjoy this. 01/02/2007 I was making roast beef fot the first time looking for guidance, and this was helpful, but flawed in my opinion. I used the cut suggested, eye of round, which I had to special order from my butcher but it was worth it. It's a nice, fairly inexpensive cut for feeding a crowd, and the simple seasoning used here is perfect. However, the oven temp and cooking time didn't work for me. I started my room-temp 5.5 lb roast at 375 as directed, and because I used a probe thermometer and watched the temp, I found it was cooking faster than I'd anticipated. I quickly lowered the heat to 300, then 200, and still it was done much earlier than I expected, the entire cooking time was under 90 mins. I think 375 at 20 mins/lb would produce a very well done piece of meat, so if that's what you like, go for it. But if you like your meat closer to medium-rare, I agree with the reviewer who said USE A MEAT THERMOMETER. Throw out your timer, watch the temp instead. Take your roast out of the oven when it's 10 degrees cooler than your desired final temp. Let it rest for 20 minutes before cutting it, it will cook that last 10 degrees on the counter while it rests. I'd use a lower oven temp than this recipe calls for, 300 or even 200, cook it slow and low. But the cut and seasonings in this recipe are great. I don't think any liquid is needed, just use a roasting pan with a rack so the meat is raised over the pan. 06/12/2007 Helpful hint--Most likely everybody is getting a different temp reading after the same cooking time because of how cold the roast was when you put it in the oven. I always let my roasts sit for 45 minutes on the counter before putting them in the oven. It eliminates guess work thermometers and hot/cold spots in the roast. Great recipe by the way! 01/16/2007 This is a very good basic guideline for the perfect roast. I agree with reviewer tracycook that the oven temp has lots to do with the final result.Invest in a good meat thermometer and follow it. For those who like gravy, simply add a can of beef broth to the bottom of the pan while cooking.Pan drippings will combine with it and make a delicious gravy.My persoanl preference, I would use twice the garlic powder with the addition of some fresh minced garlic, as well. Thanks for sharing. 01/25/2004 I made the All American Roast Beef tonight and thought it gave a fabulous flavor. I used table salt because I didn't have Kosher salt. It was moist and cooked great at 375. Definitely I will make it again! 1 of 41 All American Roast Beef MaryTee 2 of 41 All American Roast Beef DMB4LIFE 3 of 41 All American Roast Beef Vicki8692 4 of 41 All American Roast Beef Dina 5 of 41 All American Roast Beef Lauren825 6 of 41 All American Roast Beef Jeanette 7 of 41 All American Roast Beef asoupbowl 8 of 41 All American Roast Beef Cole Malphrus 9 of 41 All American Roast Beef ROBINBRADY 10 of 41 All American Roast Beef LYNNINMA 11 of 41 All American Roast Beef DMB4LIFE 12 of 41 All American Roast Beef Kim's Cooking Now 13 of 41 All American Roast Beef LaChef127 14 of 41 All American Roast Beef Matthew Bassett 15 of 41 All American Roast Beef LYNNINMA 16 of 41 All American Roast Beef Nance G 17 of 41 All American Roast Beef Sarah San Clemente 18 of 41 All American Roast Beef Nance G 19 of 41 All American Roast Beef JanandRich 20 of 41 All American Roast Beef Kacy

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