

Beef Rib Roast with Browned Vegetables

Total Recipe Time: 2-3/4 to 3-1/2 hours

1 beef Rib Roast Bone-In (2 to 4 ribs), small end, chine (back) bone removed (6 to 8 pounds)

3 cloves garlic, minced

1-1/2 teaspoons lemon pepper

8 small red-skinned potatoes, cooked

8 boiling onions, cooked

8 carrots, cut into 2-inch pieces, cooked



1. Heat oven to 350°F. Combine garlic and lemon pepper; press onto beef Roast. Place Roast, fat side up, in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat or touching bone. Do not add water or cover. Roast in 350°F oven 2-1/4 to 2-1/2 hours for medium rare; 2-1/2 to 3 hours for medium doneness.
2. Remove Roast when meat thermometer registers 135°F for medium rare; 145°F for medium. Transfer to board; tent with foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°-15°F to reach 145°F for medium rare; 160°F for medium.)
3. Remove all but 2 tablespoons drippings from pan. Add vegetables; cook over medium-high heat 5 minutes or until lightly browned, stirring occasionally. Carve roast. Serve with vegetables.

Makes 8 to 10 servings

Nutrition information per serving: 470 calories; 13 g fat (5 g saturated fat; 5 g monounsaturated fat); 139 mg cholesterol; 218 mg sodium; 36 g carbohydrate; 5.0 g fiber; 51 g protein; 22.1 mg niacin; 1.4 mg vitamin B₆; 2.7 mcg vitamin B₁₂; 4.2 mg iron; 55.1 mcg selenium; 9.5 mg zinc; 211.4 mg choline.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium, zinc and choline.