

Dijon & Herb Rubbed Beef Roast with Cranberry Sauce

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

1 beef Rib Roast Bone-In (2 to 4 ribs), small end, chine (back) bone removed (6 to 8 pounds)
3 tablespoons plus 2 teaspoons Dijon-style mustard, divided
1 tablespoon steak seasoning blend
1 teaspoon dried rosemary leaves
3 cups fresh or frozen cranberries
1/2 cup honey



1. Preheat oven to 350°F. Combine 3 tablespoons mustard, steak seasoning and rosemary in small bowl. Rub evenly onto all surfaces of beef roast.
2. 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.
3. Meanwhile, combine cranberries and honey in medium saucepan; bring to a boil, stirring occasionally. Reduce heat; simmer 10 to 15 minutes or until berries burst and mixture is syrupy. Stir in remaining 2 teaspoons mustard; remove from heat. Set aside.
4. Remove Roast when meat thermometer registers 135°F for medium rare; 145°F for medium doneness. Transfer Roast to carving board; tent loosely with aluminum 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.)
5. Carve Roast into slices; season with salt and pepper, as desired. Serve with cranberry sauce.

Makes 8 to 10 servings

Nutrition information per serving, 1/8 of recipe: 395 calories; 12 g fat (5 g saturated fat; 5 g monounsaturated fat); 113 mg cholesterol; 411 mg sodium; 22 g carbohydrate; 1.8 g fiber; 47 g protein; 13.6 mg niacin; 1.0 mg vitamin B₆; 2.7 mcg vitamin B₁₂; 3.2 mg iron; 55.1 mcg selenium; 8.8 mg zinc; 182.3 mg choline.

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

Nutrition information per serving, 1/10 of recipe: 316 calories; 10 g fat (4 g saturated fat; 4 g monounsaturated fat); 91 mg cholesterol; 328 mg sodium; 18 g carbohydrate; 1.5 g fiber; 38 g protein; 10.9 mg niacin; 0.8 mg vitamin B₆; 2.2 mcg vitamin B₁₂; 2.6 mg iron; 44.1 mcg selenium; 7.1 mg zinc; 145.8 mg choline.

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