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# Rib Eye Roast

*Home Cookin - Junior League of Wichita Falls, TX - 1976*

Servings: 10

**1 pound rock salt**

**1 (6 to 7 pound) rib eye roast**

**2 tablespoons dry mustard**

**4 tablespoons fresh peppermint, coarsely ground**

Place a 1/2 pound layer of rock salt in a pan or roaster. Place the roast on the salt. Sprinkle mustard and pepper over the roast. Sprinkle the top of the roast and pat the sides with the remaining rock salt, covering the roast as much as possible.

Cook for 8 to 10 minutes per pound at 350 degrees for medium well done meat. For rare done meat, 5 minutes per pound is ample cooking time.

(This method is good to use with any choice cut roast with heavy marbling.)

## **Beef**

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*Per Serving (excluding unknown items): 5 Calories; trace Fat (51.4% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 17071mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat.*