

# Rosemary Olive Roast Beef

*Our Best Recipes  
Meredith Corporation*

## **Servings: 8**

*1 (3-1/2- to 4-pound) beef sirloin tip  
roast*

*2 tablespoons fresh rosemary, chopped*

*1 tablespoon Kosher salt*

*2 teaspoons freshly ground black  
pepper*

*2 tablespoons olive oil*

**GARLIC ROSEMARY**

**OLIVES**

*1 1/2 cups pitted, mixed olives*

*5 cloves garlic, peeled and halved*

*3 tablespoons olive oil*

*3 sprigs fresh rosemary*

*3 sprigs fresh thyme*

*Kosher salt*

*black pepper*

*1/4 teaspoon Aleppo pepper*

## **Preparation Time: 30 minutes**

### **Roast: 1 hour 30 minutes**

Preheat the oven to 350 degrees.

Season the beef all over with rosemary, salt and pepper.

In a twelve-inch skillet, heat the oil over medium-high heat. Add the beef to the skillet. Brown well on all sides. Transfer to a rack set in a roasting pan.

Roast for one hour and 45 minutes or until 135 degrees. Remove from the oven. Transfer to a cutting board. Cover. Let stand for 15 minutes.

**Make the Garlic Rosemary Olives:** In a large skillet, warm the olives, garlic, olive oil, fresh rosemary and fresh thyme over medium heat until warmed through, swirling occasionally to avoid browning the garlic. Season with Kosher salt, black pepper and Aleppo pepper. Cook for 1 minute more.

Serve the roast with the Garlic Rosemary Sauce spooned over the beef.

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Per Serving (excluding unknown items): 80 Calories; 9g Fat (92.8% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 706mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1 1/2 Fat.

Beef

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	80	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	92.8%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	6.1%	<b>Thiamin B1 (mg):</b>	0mg
<b>% Calories from Protein:</b>	1.1%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	9g	<b>Folacin (mcg):</b>	1mcg
<b>Saturated Fat (g):</b>	1g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	6g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refused:</b>	n n%
<b>Carbohydrate (g):</b>	1g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	trace	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	706mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	23mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	10mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	trace	<b>Fat:</b>	1 1/2
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	1mg		
<b>Vitamin A (i.u.):</b>	46IU		
<b>Vitamin A (r.e.):</b>	4 1/2RE		

**Nutrition Facts**

Servings per Recipe: 8

**Amount Per Serving**

**Calories** 80 **Calories from Fat:** 75

**% Daily Values\***

<b>Total Fat</b> 9g	13%
Saturated Fat 1g	6%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 706mg	29%
<b>Total Carbohydrates</b> 1g	0%
Dietary Fiber trace	1%
<b>Protein</b> trace	
<b>Vitamin A</b>	1%
<b>Vitamin C</b>	2%
<b>Calcium</b>	1%
<b>Iron</b>	2%

\* Percent Daily Values are based on a 2000 calorie diet.