



Round Roast Recipe

added by Tammy Kendell



Perfect "Sunday Dinner" with mashed potatoes & pan gravy. I came up with my own concoction of ingredients after trying several different recipes. A few ingredients from this one, a few from that one & a few tweaks of my own. It's

simple and flavorful. In addition to roasting, I've even crock-potted this one, which turned out just as delicious and juicy. I hope you enjoy!

Cook time: 1 Hr 45 Min **Prep time:** 15 Min **Serves:** Depends on size of roast

Ingredients

- 4-6** lb beef bottom round roast
- 1/2** c olive oil
- 6** clove garlic
- 2** Tbsp coarse sea salt; more or less to your liking
- 2** Tbsp dried rosemary
- 1** Tbsp dried thyme
- 1** Tbsp cracked black pepper; more or less to you liking
- 2** Tbsp onion flakes, dehydrated

Directions

- 1.** Begin by setting your round roast in a roasting pan so it can come to room temperature. Preheat oven to 450 degrees.
- 2.** Using a mortar & pestle, begin grinding the garlic cloves, sea salt, rosemary, thyme, pepper & onion flake together. Add olive oil a little at a time to make a paste. Grind until well pulverized! Add as much olive oil as needed to make a semi-thin paste.
- 3.** Proceed to smear this on all surfaces of the roast. Smear a generous portion on the layer of fat, which will melt into the roast, making it oh-so-juicy & delicious. Make sure round roast is fat side up!
- 4.** For the Oven: Place roast in 450-degree oven for 20 minutes. This high heat will sear the edges & seal in the juices, making the roast tender & juicy. Immediately, your kitchen is going to smell so good! But don't be tempted to open the oven! After 20 minutes, reduce oven temperature to 325 degrees. Roast for 1 1/2 to 2 hours, depending on how rare or done you like your beef. For medium-rare roast: remove when internal temperature reaches 135 degrees. Let roast stand/rest for 10-15 minutes before carving. This allows the juices to settle within the meat, leaving it so tender! The internal temperature will rise approx. 10-15 degrees while it is resting so, keep that in mind regarding how well or how rare you like your beef. This is a great time to start your gravy.
- 5.** Cook in the Crock Pot: Follow same instructions in steps 1, 2 and 3. Low setting; allow 6-8 hours, or until the roast literally falls apart. High setting; allow 4-6 hours, or until it literally falls apart. After removing roast, mix 1-3 tablespoons of flour with drippings (depending on how much your round roast has yielded) and set on high until it reaches gravy consistency.

Last Step: Don't forget to share!

Make all your friends drool by posting a picture of your finished recipe on your favorite social network. And don't forget to tag **Just A Pinch** and include **#justapinchrecipes** so we can see it too!