

Sirloin Tip Roast



PREPARATION TIME

10 minutes



COOKING TIME

1 hour



PERFECT PARTNER

parslaid potatoes



In a pinch, Worcestershire sauce can add flavor to dishes with its “secret” ingredients—which include garlic and onions. When tightly sealed, it will keep indefinitely in the cupboard or refrigerator.

SHOPPING LIST

- sirloin tip roast
- beef broth or dry red wine

ON HAND

- Worcestershire sauce
- salt • pepper • ketchup
- dry mustard • garlic powder

INGREDIENTS

- 1 (3-pound) sirloin tip roast
- 1 teaspoon salt
- 1 teaspoon dry mustard
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1 tablespoon ketchup
- 1 teaspoon Worcestershire sauce
- 1/2 cup beef broth or dry red wine

SERVES 6

COOK'N *Express*

- Always preheat the oven thoroughly before roasting meat. While the oven is preheating, its temperature is very uneven. If the meat is placed in an oven that is not preheated, portions of the meat may become dry or tough.
- Use a roasting pan that has a rack. It will allow air to circulate underneath the beef so it will cook more evenly.

Make Ahead

Use any leftovers for tomorrow's meal. Thinly sliced roast beef on a bun with lettuce, tomato and horseradish is a real treat.

◆ VARIATION

Try an Italian roast. Add a 16-ounce can of drained whole tomatoes and 1 teaspoon dried basil in step 3.

- 1** Preheat oven to 350°F. Trim excess fat from beef. Mix salt, mustard, garlic powder and pepper on waxed paper. Pat evenly over beef.



- 2** Preheat a heavy skillet over high heat. Spray bottom of skillet with cooking spray; immediately add beef. Sear approximately 2 minutes per side. Place beef in a roasting pan.

- 3** Blend ketchup, Worcestershire sauce and broth together; pour over beef. Place in oven. Roast for 1 hour or until very tender.



- 4** Remove beef from oven. Loosely cover with foil; let stand for about 5 minutes; cut into slices.