

Right for Tonight™ Healthy Meals

Spiced Beef Roast with Root Vegetables



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Prep Time: 15 minutes

Cook Time: 1 hour, 10 minutes*

Easy Recipe:

- 1 tsp. ground coriander
- ½ tsp. garlic powder
- ½ tsp. ground cumin
- ½ tsp. smoked paprika
- ½ tsp. paprika
- ½ tsp. freshly ground black pepper
- 6 medium carrots, peeled, cut into 1½-inch pieces
- 6 medium parsnips, peeled, cut into 1½-inch pieces
- 1½ tbsp. **ShopRite olive oil**, divided
- 2 lbs. eye round roast

Easy Steps:

1. Preheat oven to 350°F. In a small bowl combine coriander, garlic powder, cumin, smoked paprika, paprika and pepper. Set aside.
2. Place carrots and parsnips in a large bowl; add 1 tablespoon of the oil; toss to coat. Sprinkle with

1 teaspoon of the spice mixture. Lightly coat a roasting pan with nonstick cooking spray; place vegetables in pan. Cover pan with lid or a sheet of foil. Place pan in oven; roast 30 minutes.

3. Rub beef with remaining ½ tablespoon oil, then with remaining spice mixture. Push vegetables to sides of pan; place beef in pan. Roast, uncovered, 40 to 45 minutes or until an instant-read thermometer registers 145°F for medium-rare, or to desired doneness. Remove beef from pan; tent with foil and let stand 10 minutes. Thinly slice beef and serve with vegetables.

Serves 8

Per Serving: 270 calories, 7g fat, 2g saturated fat, 0g trans fat, 50mg cholesterol, 360mg sodium, 25g carbohydrate, 6g fiber, 27g protein

*10 minutes stand time extra

Make it a meal: Serve with wild rice and a cucumber salad.



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