

# Seasoned Top Round Roast

---

Ingredients:

4 lb. top round roast

Seasoning ingredients:

2 tsp. cracked black pepper

2 tsp. dry mustard

1 large clove garlic, crushed

1 teaspoon rosemary

1 teaspoon thyme

1/2 tsp. ground allspice

1/2 tsp. cayenne pepper

1 tsp. olive oil

Directions:

Preheat oven to 325°. In a small bowl, combine the seasoning ingredients and then rub the mixture evenly into the surface of top round roast.

Place top round roast, fat side up, on rack in shallow roasting pan. Do not add water or cover roast.

Cook in the oven for about 2 1/2 hours or until the internal temperature reaches 140° for medium-rare or 155° for medium.

Remove top round roast from oven and tent loosely with aluminum foil. Let stand 15 minutes prior to carving into slices.

~ Credit: Everyday Food