

Dijon-Herb Roast

Prep time: 15 minutes

Cook time: 1 hours, 45 minutes

Ingredients

1 (1.5- to 2- pound) Laura's Lean Eye of Round Roast
1/4 teaspoon kosher salt
1/4 teaspoon freshly cracked pepper
2 cups fat-free, low-salt beef broth
1 onion, quartered
1/4 cup Dijon mustard
2 cloves garlic, minced
1 tablespoon chopped fresh thyme
1 tablespoon chopped fresh rosemary

Directions

1. Sprinkle roast with salt and pepper and place in a roasting pan. Pour broth over roast; add onion to pan.
2. Combine Dijon mustard and remaining ingredients and brush over roast. Bake, covered, at 325 degrees for 1 hour 45 minutes to 2 hours 15 minutes or until an internal thermometer reaches 145 degrees, basting occasionally with broth. Cover and let rest 10 minutes. Cool and thinly slice. Serve with broth.

Makes 10 servings.

Nutritional Analysis Per Serving

CALORIES 205 (25% from fat); FAT 5.4g (sat 2.0g); PROTEIN 34g; CARB 2.5g; FIBER 0.5g; CHOL 73mg; IRON 3.8mg; SODIUM 484mg

Diabetic Exchanges: 5 very lean meat, 1 vegetable