

BEEF ROUND ROAST

FROZEN, READY-TO-COOK

for use in the USDA Household
Commodity Food Distribution Programs

01/11/02

Product Description

- **Beef Round Roast** is vacuum packaged, frozen, and ready-to-cook.
- Each roast weighs about 3 pounds.

Yield

A 3 pound roast will yield, after cooking, about 8½ 3-ounce servings.

Storage

- Keep roast frozen at 0°F or below until ready to use.
- For **best quality**, use roast by the “Best if Used By” date on the package.
- Store leftover roast in a covered container and refrigerate. Use within 3 days.

Preparation

- Thaw wrapped roast in the refrigerator on a platter. Set on the lowest shelf away from other foods.
- Allow 3 to 5 hours per pound thawing time. For food safety reasons, **do not** thaw the roast at room temperature.

Cooking

- If desired, the roast may be cooked from the frozen state, but must be cooked almost twice as long as a thawed roast.



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- A beef round roast may be braised or pot roasted. Cook meat slowly in a small amount of liquid in a covered pan.
- For maximum tenderness, cook until well done or about 2½ hours for a 3-pound roast.

Nutrition Information

- **Beef** is a source of protein, niacin, vitamins B6 and B12, iron, phosphorus, and zinc as well as other sources of vitamins and minerals.
- 2 to 3 ounces of beef provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

(See recipe and menu ideas on reverse side)

Nutrition Facts	
Serving size 3 ounces (85g) braised round roast	
Amount Per Serving	
Calories 205	Fat Cal 106
% Daily Value*	
Total Fat 11.8g	18%
Saturated Fat 4.4g	22%
Cholesterol 67.1mg	22%
Sodium 54mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 23g	
Vitamin A 0%	Vitamin C 0%
Calcium 3%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.	

Hot and Spicy Round Roast

½ cup ketchup
¼ cup cider vinegar
1/3 cup water
1½ tablespoons honey
1½ teaspoons Worcestershire Sauce
¾ teaspoon hot pepper sauce
3 pound beef round roast

1. In a small saucepan, combine ketchup, vinegar, water, honey, Worcestershire sauce, and pepper sauce.
2. Bring to a boil; reduce heat and simmer 10 to 15 minutes to thicken slightly. Cool thoroughly.
3. Place roast in a large mixing bowl.
4. Pour cooked marinade over roast. Cover and refrigerate for 4 to 6 hours, turning roast occasionally.
5. Remove roast from marinade and place in a roasting pan; reserve marinade under refrigeration.
6. Insert meat thermometer and bake at 325°F until well done (170°F) – about 2½ hours.
7. Remove roast from oven and let stand 15 to 20 minutes before carving.
8. Place reserved marinade in small saucepan. To kill possible bacteria from the raw beef, bring to a boil; reduce heat and simmer 5 minutes. Serve over sliced roast.

Makes 16 (3-ounce) servings

Nutrition Information for each serving of Hot and Spicy Round Roast:

Calories	210	Cholesterol	67 mg	Sugar	2 g	Calcium	11 mg
Calories from Fat	106	Sodium	156 mg	Protein	25 g	Iron	3.0 mg
Total Fat	11.8 g	Total Carbohydrate	4 g	Vitamin A	8 RE		
Saturated Fat	4.4 g	Dietary Fiber	0 g	Vitamin C	2 mg		

This recipe, presented to you by USDA, has not been tested or standardized.

Beef Round Roast Menu Ideas

- Use sliced beef to make cold or hot sandwiches.
- Cubed beef can be used in casseroles, soups, and stews.
- Cut beef into strips and use in fajitas and beef fried rice.
- Mix shredded beef with prepared barbecue sauce and heat. Serve on soft sandwich buns.
- Add strips of beef to green salads.
- Add small pieces of beef to a seasoned spaghetti sauce.
- Combine finely diced or shredded roast beef with chopped onion and diced potatoes; then scramble with eggs.

Add diced roast beef to an omelet along with mushrooms, onions, and spinach.

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