



Roasting Guidelines

ROASTING GUIDELINES				
Beef Cut	Oven Temp. (preheated)	Weight	Approx. Total Cooking Time MR=medium rare, M=medium	Remove when internal temp. reaches
Ribeye Roast <i>small end</i>	350°F	3 to 4 lbs	MR: 1-1/2 to 1-3/4 hours M: 1-3/4 to 2 hours	135°F 150°F
		4 to 6 lbs	MR: 1-3/4 to 2 hours M: 2 to 2-1/2 hours	135°F 150°F
		6 to 8 lbs	MR: 2 to 2-1/4 hours M: 2-1/2 to 2-3/4 hours	135°F 150°F
Ribeye Roast <i>large end</i>	350°F	3 to 4 lbs	MR: 1-3/4 to 2-1/4 hours M: 2 to 2-1/2 hours	135°F 150°F
		4 to 6 lbs	MR: 2 to 2-1/2 hours M: 2-1/2 to 3 hours	135°F 150°F
		6 to 8 lbs	MR: 2-1/4 to 2-1/2 hours M: 2-1/2 to 3 hours	135°F 150°F
Rib Roast <i>(chine bone removed)</i>	350°F	4 to 6 lbs (2 ribs)	MR: 1-3/4 to 2-1/4 hours M: 2-1/4 to 2-3/4 hours	135°F 150°F
		6 to 8 lbs (2 to 4 ribs)	MR: 2-1/4 to 2-1/2 hours M: 2-3/4 to 3 hours	135°F 150°F
		8 to 10 lbs (4 to 5 ribs)	MR: 2-1/2 to 3 hours M: 3 to 3-1/2 hours	135°F 150°F
Shoulder Tender Petite Roast	425°F	Varies	MR: 20 to 25 minutes M: 20 to 25 minutes	145°F 160°F
Tenderloin Roast	425°F	2 to 3 lbs (center-cut)	MR: 35 to 40 minutes M: 45 to 50 minutes	135°F 150°F
		4 to 5 lbs (whole)	MR: 50 to 60 minutes M: 60 to 70 minutes	135°F 150°F
Tri-Tip Roast <i>(bottom sirloin)</i>	425°F	1-1/2 to 2 lbs	MR: 30 to 40 minutes M: 40 to 45 minutes	135°F 150°F
Round Tip Roast	325°F	3 to 4 lbs	MR: 1-3/4 to 2 hours M: 2-1/4 to 2-1/2 hours	140°F 155°F
		4 to 6 lbs	MR: 2 to 2-1/2 hours M: 2-1/2 to 3 hours	140°F 155°F
		6 to 8 lbs	MR: 2-1/2 to 3 hours M: 3 to 3-1/2 hours	140°F 155°F
Round (Sirloin) Tip Center Roast	325°F	2 to 2-1/2 lbs	MR: 1-1/4 to 1-1/2 hours	135°F
Eye Round Roast	325°F	2 to 3 lbs	MR: 1-1/2 to 1-3/4 hours	135°F
Meatloaf	350°F	8 x 4 inches, 1-1/2 lbs	M: 1-1/4 hours	160°F
USDA/FSIS recommends cooking ground beef to medium (160°F) doneness, until not pink in center.				
Medium rare doneness = 145°F final meat temperature after 15 to 20 minutes standing time. Medium doneness = 160°F final meat temperature after 15 to 20 minutes standing time. All cooking times are based on beef removed directly from refrigerator.				

BEEF

IT'S WHAT'S FOR DINNER

Three Easy Steps to Roasting

Step 1:

Heat oven to temperature specified in roasting timetable.

Step 2:

Place roast (straight from refrigerator) fat side up on rack in shallow roasting pan. Season roast before cooking, if desired. Insert ovenproof meat thermometer so tip is centered in thickest part of roast, not resting in fat or touching bone. Do not add water; do not cover.

Step 3:

Roast according to timetable. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise 5°F to 10°F to reach desired doneness, and roast will be easier to carve.)