

Chili-Rubbed Roast Beef with Sweet Potatoes

Makes 4- 3 ounce servings with leftovers

- 1 4 to 6 pound top-round or eye-round roast
- 1 tablespoon ground ancho chili (such as Adams) or chipotle rub or chili powder
- 1/2 teaspoon kosher salt
- 4 small sweet potatoes, scrubbed and cut into 2-inch chunks
- 2 tablespoons olive oil

Take the roast out of the refrigerator and let it come to room temperature about 45 minutes before roasting. Heat oven to 325 degrees F. Place the roast on a metal rack in a roasting pan, fat side up, and rub with the chili and salt. Toss the sweet potatoes with the olive oil and place around the roast. Cook until an instant-read thermometer inserted in the center registers least 120 degrees F (for rare), about 1 hour and 15 minutes (15 to 20 minutes per pound). The potatoes should be fork tender. Remove from oven. Loosely cover the roast with foil and let stand 10 to 15 minutes. (The temperature will rise to 125 degrees F.) Slice half the roast. Serve with the sweet potatoes. Wrap and refrigerate the remaining meat for another meal.

Servings: 4

Preparation time: 30 minutes

Cooking time: 1 hour and 15 minutes

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

The following ingredients were not linked to the ingredient database and were not included in the nutrition information:

ground ancho chili (such as Adams) or chipotle rub or chili powder

Amount Per Serving	
Calories	312.60
Calories From Fat (29%)	89.96
% Daily Value	
Total Fat 10.11g	16%
Saturated Fat 2.08g	10%
Cholesterol 44.20mg	15%
Sodium 341.50mg	14%
Potassium 657.38mg	19%
Carbohydrates 26.76g	9%
Dietary Fiber 3.99g	16%
Sugar 5.56g	
Sugar Alcohols 0.00g	
Net Carbohydrates 22.77g	
Protein 27.52g	55%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1 4 to 6 pound top-round or eye-round roast	4 x 3 oz of Beef, round, eye of round, separable lean only, trimmed to 0" fat, select, cooked, roasted
1 tablespoon ground ancho chili (such as Adams) or chipotle rub or chili powder	Not linked
1/2 teaspoon kosher salt	0.50 x 1 teaspoon of Salt, kosher
4 small sweet potatoes, scrubbed and cut into 2-inch chunks	4 x 1 cup, cubes of Sweetpotato, raw
2 tablespoons olive oil	2 x 1 tablespoon of Oil, olive, salad or cooking

Recipe Type

Meat

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