



[Italian Beef Recipe](#)

Recipe found on [AnnsEntitledLife.com](#)

Prep Time: 10 minutes

Cook Time: 1 Hour 5 Minutes

Italian Beef Recipe Mise en Place:

- Bowl
- [Measuring Spoons](#)
- [Meat Tenderizer](#)
- [Roasting Pan](#)
- Cutting Board
- Carving Knife

Italian Beef Recipe Ingredients:

- 3 lb Beef Roast (we use eye of the round)
- 3 TBSP Italian Seasoning
- 3 TBSP Diced Garlic (from a jar)
- Pepper to Taste

Italian Beef Recipe Directions:

- Preheat Oven to 500°
- Tenderize the beef with a good [meat tenderizer](#) that pokes holes.
- Place garlic and Italian seasoning in a bowl. Roll the roast through the seasoning coating completely.
- Place seasoned roast on a rack in a roasting pan.
- Roast in preheated 500° oven for 20 minutes.
- Turn oven heat down to 300° and roast for an additional 45 minutes.
- Remove from oven and allow to rest for 15 minutes before slicing.
- Makes 3 pounds Italian Beef.