



Roast Beef & Horseradish

Roast Beef and garlic with a dipping sauce made with Fruit-Eze™ fruit blend and horseradish.

Horseradish Sauce:

2 Tblsp. Fruit-Eze
1 Tblsp. Prepared
Horseradish Sauce
Or, 1 tsp. Wasabi Paste
Thin the sauce with
water as desired.



Directions

Prepare meat: Rinse with cold water, pat dry. Slice one whole ear of garlic into slivers. Pierce the meat with a knife and insert garlic slivers on all sides. Season meat as desired with pepper, onion powder, garlic powder, and rosemary. Cover with plastic wrap and refrigerate overnight to allow garlic and seasonings to infuse.

If possible, allow meat to stand one hour, covered, at room temperature before roasting. Place meat, fat side up, on a rack in a roasting pan. Insert oven proof thermometer and place meat, uncovered, in a preheated 325° oven. Bake until thermometer registers 135° for rare, 140° for medium, or 150° for well done (about 1 hour for 2 lb roast). Allow to stand about 15 minutes before slicing.

When roast is done, prepare sauce: Blend together ingredients and serve with the roast. To use sauce as a sandwich spread, omit water.

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The sauce provides one adult with one daily serving of Fruit-Eze™ fruit blend (two tablespoons). You can adjust the amount of Fruit-Eze™ used in this recipe.

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