

Roast Strip Loin with Winter Rub

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This lean protein entrée is an excellent choice for the winter season and for entertaining dinners.

Ingredients:

- 1 tablespoon olive oil
- 1 tablespoon minced fresh garlic
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 (3-pound) boneless beef loin, fat trimmed

Directions:

- 1) Combine oil, garlic, thyme, rosemary, salt, and pepper in a small bowl. Rub all over meat, pressing to adhere. Cover and refrigerate 2 hours.

- 2) Preheat oven to 400°F. Place meat fat side up in a shallow roasting pan. Roast 1 hour or until internal temperature reads at least 145°F. Remove from oven, cover with foil, and let rest 10 minutes. Slice and serve.