

Peppered Top Sirloin Roast With Sautéed Broccolini

A Top Sirloin Petite Roast is simply seasoned with pepper and cooked to juicy perfection. Meanwhile broccolini is sautéed and served with a blue cheese butter that is perfect with meat and vegetables.

INGREDIENTS

1 beef Top Sirloin Petite Roast (1-1/2 to 2 pounds)

1 tablespoon black pepper or seasoned pepper

1/2 cup crumbled blue cheese

1/4 cup butter, softened

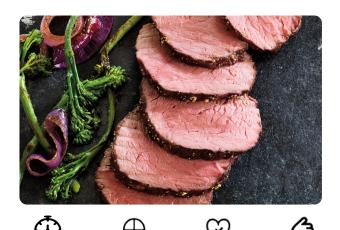
1 tablespoon chopped green onion

12 ounces Broccolini, trimmed

 $1\,\mathrm{red}$ onion, cut into 1/2-inch thick slices and separated into

rings

1/4 cup water



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1.75	8	42 Cal	22g
Hours	Servings		Protein

COOKING

- ${\tt 1.\, Preheat\, oven\, to\, 325^{\circ}F.\, Press\, pepper\, evenly\, onto\, all\, surfaces\, of\, beef\, Top\, Sirloin\, Petite\, Roast.}$
- 2. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef. Do not add water or cover. Roast in 325°F oven 60 to 75 minutes for medium rare to medium doneness.
- 3. Meanwhile, combine cheese, butter and green onion in small bowl until well blended; set aside.
- 4. Spray large nonstick skillet with nonstick cooking spray; add Broccolini, onion and water. Cover and cook over medium-high heat 3 minutes. Remove cover and continue cooking 2 to 4 minutes or until water has evaporated and Broccolini is crisp-tender and lightly browned, stirring frequently. Remove from heat. Immediately add 2 tablespoons blue cheese mixture; stir until butter is melted. Season with salt and ground black pepper, as desired. Keep warm.
- 5. Remove roast when meat thermometer registers $135^{\circ}F$ for medium rare; $150^{\circ}F$ for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 10 minutes. (Temperature will continue to rise about $10^{\circ}F$ to reach $145^{\circ}F$ for medium rare; $160^{\circ}F$ for medium.)
- 6. Carve roast into slices; season with salt, as desired. Serve with vegetables and remaining blue cheese butter.

NUTRITION

Se	erv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL
	8		12g	76mg		5g	22g	1	0

^{*}The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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