

EYE-OF-ROUND ROAST AU JUS

Bariatric, Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 3oz slice

Nutrition (per serving)

Calories: 145

Total Fat: 4 g

Saturated Fat: 1.5 g

Sodium: 73 mg

Total Carbohydrate: 1 g

Dietary Fiber: 0 g

Protein: 25 g

Ingredients

1 (2lb) eye-of-round (or loin) pork roast, all visible fat discarded

1 tsp olive oil

1 tsp pepper (coarsely ground)

1 tsp chili powder

1/2 tsp garlic powder

1/2 tsp onion powder

1/4 tsp salt



OSF[®]
HEALTHCARE

Directions

1. Preheat oven to 325 degrees. In a small bowl, stir together the rub ingredients. Sprinkle all over the roast. Using your fingertips, press the rub firmly so it adheres to the roast.
2. Heat a medium, oven-safe skillet over medium heat. Add the oil and swirl to coat the bottom. Cook the roast for 8 minutes, or until seared on all sides, turning every 2 minutes. Leave the roast in the skillet.
3. Bake for 40 minutes, or until the roast registers 145 degrees on a meat thermometer or an instant-read thermometer inserted into the thickest part of the roast. Transfer the roast to a cutting board and let stand for 10 minutes. (The roast will continue to cook while standing and will become tough if overcooked.)
4. To make au jus - While the roast is standing, add ½ cup of water to the pan drippings. Bring to a boil over high heat, scraping the bottom to dislodge any browned bits. Boil for 1-2 minutes, or until reduced to 2 tbsp of liquid, stirring constantly. Remove from heat.
5. Slice the roast, and arrange slices on a serving platter. Drizzle with au jus. Serves 8.



OSF[®]
HEALTHCARE