

New York Times **Bestselling Author**

SUSAN MALLERY

## Minted Roast Beef

Ingredients:

- ♥ 1 beef roast, 2-3 pounds
- ♥ 2 T fresh mint leaves, loosely packed
- ♥ 3 cloves of garlic
- ♥ 1 t dried oregano
- ♥ 1 t kosher salt
- ♥ ½ t black pepper
- ♥ 1 T vegetable oil



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Instructions:

Mince the mint leaves and garlic and place in a small bowl. Mix with the oregano, salt, and pepper, then rub over the meat. Place the meat in the refrigerator, uncovered for about two hours.

Pre-heat oven to 225 degrees. Heat heavy-bottomed, oven-safe pan on the stovetop over medium-high heat. Add oil. When oil shimmers, put the roast in the pan. Sear on each side for about 2 minutes. Place the pan with the roast in the oven and cook on low heat until the center of the roast reaches about 150 degrees, about 60-90 minutes. Allow the roast to rest for 15 minutes before slicing.

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