



A Taste of Canadian Agriculture

Stuffed cranberry roast

3 lbs (1.5 kg)	beef eye of round oven roast
	ground savoury
1 box (4 oz. / 120 g)	seasoned stuffing mix
1/2 cup (125 mL)	butter or margarine, melted
1 can (14 oz. / 398 mL)	whole cranberry sauce
1/2 cup (125 mL)	orange zest (from 2 large oranges)

Method

Combine the stuffing mix with melted butter or margarine. Add half of the cranberry sauce and orange zest, mixing gently. Cut the roast in half lengthwise, from the topside to within 1/2 inch (1 cm) of bottom, to prepare a V-shaped cavity for stuffing. Sprinkle the outside of the roast and cavity with savoury. Fill the cavity with stuffing, then tie each end of the roast with string. Place the roast, fat side up, on a rack in a roasting pan containing 1/2 inch (1 cm) water. Insert a meat thermometer into the middle of the stuffing.

Roast uncovered in a preheated 500°F (260°C) oven for 30 minutes. Heat remaining cranberry sauce and orange zest in a small saucepan, stirring over low heat. Spread sauce over the roast. Roast uncovered at 275°F (140°C) for an additional 1 1/4 hours or until the meat thermometer registers 160°F (70°C) for a medium-cooked roast. Let stand for a few minutes before carving in 1-inch (2.5 cm) thick slices.

- Makes 8 servings

NUTRITIONAL INFORMATION PER SERVING

- 427 Calories; 20 g fat; 31 g protein; 29 g carbohydrate

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