

Low'n Slow Method for Roast Beef

Ingredients

- 3 to 4 pound roast beef (rump roast or cross rib roast)
- 1 Tbsp Worcestershire Sauce
- 1 Tbsp Beef Oxo liquid, or 1 $\frac{1}{2}$ tsp "Better Than Bouillon" beef dissolved in 2 Tbsp warm water
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp ground black pepper

Instructions

1. 1) Preheat oven to 500 degrees F.
2. 2) Brush or spoon over all roast surfaces the Worcestershire sauce and the beef bouillon.
3. 3) Put roast in hot oven to brown, uncovered, for 30 minutes. (Turn over half-way through. If the juices start to burn on the bottom of the pan, add a bit of water). Take roast out of oven.
4. 4) Turn oven down to 225 degrees F.
5. 5) While roast is browning, put the thyme and rosemary in a small bowl and crush up. Add remaining spices and mix together.
6. 6) Sprinkle dry spices all over all roast surfaces. Add about $\frac{1}{2}$ cup water to roaster, cover, and cook for 3 to 4 hours, basting roast with pan juices occassionally.
7. When roast is done, take it out of roaster and put on serving plate to rest. Cover roast lightly with foil, and put a doubled up tea towel or small bath towel over the roast to keep it warm. If you are making Yorkshires, now is the time to turn the oven up to cook them.

Covering the roast with a towel will keep it warm while you cook the Yorkshires, or while you make the gravy and mash the potatoes. Slice the roast just before serving.

Source: [Allrecipes.com](https://www.allrecipes.com)