



**PREP TIME : 10 MIN**

**COOK TIME : 1 H**

**SERVES : 8**

## ***Ingredients :***

- ***2.2 lbs. (1 kg) sirloin beef roast***
- ***1 tbsp (15mL) freshly ground black pepper***
- ***2 tbsp. (30 mL) vegetable oil***
- ***3 tbsp. (45 mL) all-purpose flour***
- ***1/2 cup (125 mL) VH<sup>®</sup> Honey Garlic Cooking Sauce***
- ***3 cups (750 mL) beef stock***
- ***4 medium carrots, sliced lengthwise***
- ***8 new potatoes cut in half***
- ***1 medium turnip, cut in 3/4" slices or cubes***
- ***salt to taste***

## ***Directions :***

- 1. Pre-heat oven to 380°F (190°C).***
- 2. Rub the roast with pepper.***
- 3. Heat oil over medium in a large, heavy bottom pot. Brown the roast well on all sides. Remove roast & set aside.***
- 4. Add flour to pot and stir 1 minute, add the VH<sup>®</sup> Honey Garlic Cooking Sauce to pot and mix well.***
- 5. Place roast on top of sauce in pan. Pour beef stock over roast and cook in the oven, uncovered,***



# Honey-Flavoured Roast Beef

*for 20 minutes. Baste meat with stock during cooking.*

*6. After 20 minutes, arrange vegetables around the roast, continue cooking approx. 20-30 minutes longer. Internal temperature should read 150°F (65°C) for medium doneness.*

*7. When finished cooking cover and let rest 10 minutes before slicing across the grain to serve.*

*Everyone's Sunday favourite.*