



-ROAST BEEF WITH BALSAMIC GLAZED CARROTS

1 (2 ½ pound) bottom-round beef rump roast

1 tsp salt, divided

¾ tsp freshly ground black pepper, divided

1 ½ lbs. carrots halved lengthwise then halved crosswise

2 tbsp olive oil

½ tsp ground cumin

2 tbsp balsamic vinegar

1. Position oven racks in upper and lower thirds of oven and preheat to 500°
2. Pat roast dry and sprinkle all over with ½ tsp. salt and ½ tsp pepper
3. Place in roasting pan, fat side up. Cook in lower third of oven for 20 minutes
4. Toss carrots with oil, cumin and remaining salt and pepper. Arrange in an even layer in large baking dish.
5. After beef has roasted 20 minutes, turn oven down to 325° and place carrots in upper third of oven. Roast carrots until tender and continue roasting beef until thermometer registers 125° (45-60 minutes).
6. Move roast to cutting board; let stand uncovered for 10-15 minutes
7. Remove carrots from oven and sprinkle with balsamic, shaking pan to distribute vinegar.
8. Thinly slice meat across the grain.

