

Santa Maria Style Tri Tip

Yield: 6 min
Total Time: 95 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-bbq-tri-tip-recipe>

Ingredients:

- 1 tri-tip roast also known as triangle steak, a bottom sirloin cut, anywhere from 2 1/2 pounds to 4 pounds, look for one well-marbled...
- 1 tablespoon kosher salt
- 1 tablespoon ground black pepper finely
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon cayenne
- 1 tablespoon dried oregano
- 1 teaspoon rosemary or fresh, finely minced
- 1/2 teaspoon sage

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 15 milligrams
4. Fat: 1.5 grams
5. Fiber: 1 grams
6. Protein: 9 grams
7. SaturatedFat: 1 grams
8. Sodium: 1130 milligrams

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