

East of Santa Maria Tri-Tip

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/east-of-india-recipe-cards>

Ingredients:

- 1 tri-tip roast 2-3 pounds
- 2 tablespoons worcestershire sauce Lea & Perrins, of course
- 2 tablespoons montreal steak seasoning I recommend McCormick's
- 1 tablespoon yellow mustard Plain, I use French's
- 2 teaspoons chili powder I recommend Gebhardt's
- 2 teaspoons beef base I recommend Better Than Bouillon
- 1/2 teaspoon garlic salt

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 25 milligrams
4. Fat: 3 grams
5. Fiber: 1 grams
6. Protein: 14 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 135 milligrams
9. Sugar: 1 grams

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