

# Garlic-Herb Standing Rib Roast

Yield: 10 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-pot-roast-recipe-rib-roast>

## Ingredients:

- 1 rib roast standing beef, 6 to 8 lb., chine bone removed by butcher
- 8 garlic cloves minced
- 2 tablespoons fresh thyme minced
- 2 tablespoons fresh rosemary minced
- 1 tablespoon salt plus more, to taste
- 1 1/2 teaspoons freshly ground pepper plus more, to taste
- 1 1/2 tablespoons olive oil plus more as needed
- 1 3/4 cups beef stock
- 2 teaspoons veal demi glace

## Nutrition:

1. Calories: 30 calories
2. Carbohydrate: 2 grams
3. Fat: 2 grams
4. Protein: 1 grams
5. Sodium: 790 milligrams

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