

Perfect Eye of Round Roast

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/eye-of-round-chinese-recipe>

Ingredients:

- eye of round roast 2-8 lbs. preferred, we used a 3 lb. roast
- 1 teaspoon kosher salt
- 1 teaspoon black pepper coarse-ground preferred
- 1/2 teaspoon dried thyme
- 6 cloves garlic chopped finely

Nutrition:

1. Calories: 5 calories
2. Carbohydrate: 2 grams
3. Sodium: 600 milligrams

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