

Marinated Tri-Tip Roast with Mushrooms and Garlic

Yield: 6 min
Total Time: 75 min

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

Ingredients:

- 20 cloves garlic peeled
- 1 chili pepper fresh jalapeño, stem removed, the rest left whole
- 1 lime
- 2 cups warm water
- 1/2 teaspoon salt
- 1 tri tip roast about 1 1/2 to 2 1/2 pounds, with a layer of fat on one side left on
- olive oil
- 8 ounces fresh shiitake mushrooms sliced, or 2 oz dried shiitake that have been soaking in water
- 8 cloves garlic peeled and sliced
- 1 red onion chopped
- 2 cups dry red wine fine, such as a Cabernet
- salt
- pepper

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 15 milligrams
4. Fat: 6 grams
5. Fiber: 3 grams
6. Protein: 12 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 390 milligrams
9. Sugar: 2 grams

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