

# Oven Roasted Tri Tip

Yield: 6 min  
Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/tritip-oven-recipe-southern>

## Ingredients:

- 3 pounds tri tip beef
- 2 teaspoons kosher salt
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon dried oregano
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon sweet paprika
- 1/2 teaspoon fresh ground black pepper
- 1/2 teaspoon dried sage
- 2 tablespoons vegetable oil
- chopped fresh parsley unchecked?, for garnish, optional

## Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 2 grams
3. Fat: 4.5 grams
4. Fiber: 1 grams
5. Sodium: 800 milligrams

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