

# Sirloin Tip Roast

Yield: 4 min

Total Time: 150 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-sirloin-recipe>

## Ingredients:

- 2 1/2 pounds sirloin tip roast
- 2 teaspoons kosher salt or 1 tsp table salt
- 1 1/2 tablespoons vegetable oil
- 1 teaspoon pepper
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- 1 1/2 teaspoons crushed red pepper flakes for extra spice use chili pepper flakes
- 3 cloves garlic minced

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 185 milligrams
4. Fat: 31 grams
5. Fiber: 1 grams
6. Protein: 60 grams
7. SaturatedFat: 9 grams
8. Sodium: 1350 milligrams

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