

# ROASTING GUIDELINES

Beef Cut	Oven Temperature (Preheated)	Weight (Pounds)	Approximate Total Cooking Time	Remove Roast from oven when internal temperature reaches:
<b>CHUCK</b>				
Petite Tender Roast	425°F	8 to 12 oz	Medium Rare: 20 to 25 minutes Medium: 25 to 30 minutes	135°F 150°F
<b>RIB</b>				
Ribeye Roast, Boneless (small end)	350°F	3 to 4	Medium Rare: 1-1/2 to 1-3/4 hours Medium: 1-3/4 to 2 hours	135°F 145°F
		4 to 6	Medium Rare: 1-3/4 to 2 hours Medium: 2 to 2-1/4 hours	135°F 145°F
		6 to 8	Medium Rare: 2 to 2-1/4 hours Medium: 2-1/4 to 2-1/2 hours	135°F 145°F
Ribeye Roast, Boneless (large end)	350°F	3 to 4	Medium Rare: 1-1/2 to 2 hours Medium: 2 to 2-1/4 hours	135°F 145°F
		4 to 6	Medium Rare: 2 to 2-1/4 hours Medium: 2-1/4 to 2-1/2 hours	135°F 145°F
		6 to 8	Medium Rare: 2-1/4 to 2-1/2 hours Medium: 2-1/2 to 2-3/4 hours	135°F 145°F
Ribeye Roast, Bone-In (chine bone removed)	350°F	4 to 6 (2 ribs)	Medium Rare: 1-3/4 to 2-1/4 hours Medium: 2-1/4 to 2-3/4 hours	135°F 145°F
		6 to 8 (2 to 4 ribs)	Medium Rare: 2-1/4 to 2-1/2 hours Medium: 2-1/2 to 3 hours	135°F 145°F
		8 to 10 (4 to 5 ribs)	Medium Rare: 2-1/2 to 3 hours Medium: 3 to 3-1/2 hours	135°F 145°F
<b>LOIN</b>				
Tenderloin Roast (well-trimmed)	425°F	2 to 3 (center-cut)	Medium Rare: 35 to 45 minutes Medium: 45 to 50 minutes	135°F 145°F
		4 to 5 (whole)	Medium Rare: 45 to 55 minutes Medium: 55 to 65 minutes	135°F 145°F
Strip Roast, Boneless	325°F	3 to 4	Medium Rare: 1-1/4 to 1-1/2 hours Medium: 1-1/2 to 1-3/4 hours	135°F 145°F
		4 to 6	Medium Rare: 1-1/2 to 1-3/4 hours Medium: 1-3/4 to 2 hours	135°F 145°F
		6 to 8	Medium Rare: 1-3/4 to 2 hours Medium: 2 to 2-1/4 hours	135°F 145°F
<b>SIRLOIN</b>				
Tri-Tip Roast	425°F	1-1/2 to 2	Medium Rare: 30 to 40 minutes Medium: 40 to 50 minutes	135°F 150°F
		2 to 3	Medium: 40 to 50 minutes Medium: 50 to 60 minutes	135°F 150°F
<b>ROUND</b>				
Sirloin Tip Roast	325°F	3 to 4	Medium Rare: 1-3/4 to 2 hours Medium: 2 to 2-1/4 hours	140°F 150°F
		4 to 6	Medium Rare: 2 to 2-1/4 hours Medium: 2-1/4 to 2-3/4 hours	135°F 150°F
		6 to 8	Medium Rare: 2-1/4 to 2-3/4 hours Medium: 2-3/4 to 3-1/4 hours	135°F 150°F
Sirloin Tip Center Roast	325°F	2 to 2-1/2	Medium Rare: 1-1/4 to 1-1/2 hours	135°F
Rump Roast, Bottom Round Roast	325°F	3 to 4	Medium Rare: 1-1/4 to 1-3/4 hours	135°F
Eye of Round Roast	325°F	2 to 3	Medium Rare: 1-1/4 to 1-1/2 hours	135°F
<b>OTHER</b>				
Ground Beef, Meatloaf Cook to medium (160°F) doneness.	350°F	10 x 4-inch 2 pounds	1-1/4 to 1-1/2 hours	160°F

Medium rare doneness = 145°F final internal temperature after 15 to 20 minutes standing time.

Medium doneness = 160°F final internal temperature after 15 to 20 minutes standing time.  
All cook times are based on beef removed directly from refrigerator.