BBQ Roast Beef60

Number of Servings: 60 (159.17 g per serving)

Amount	Measure	Ingredient
14 1/2	lb	Beef, bottom round roast, lean, raw, 1/8" trim
2 1/2	qt	Sauce, barbecue
2.00	cup	Water, municipal

Nutrients per serving

Nutrition Facts

Serving Size (159g)
Servings Per Container

Amount Per Serving

Calories 170 Calories from Fat 50

	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 400mg	**17%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 25g	

Vitamin A 0% • Vitamin C 4%
Calcium 2% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Notes

* Each pound of Lean roast will yield ~3/4# EP roast beef

Roast beef slowly to internal temperature of 160 degrees F. Cool product quickly (within 4 hours) to below 41 degrees F. (unless roasted and used same day).
Next day, slice cold into 3 oz portions and arrange overlapping in counter pans 25 servings/pan. Pour 1 cup water in each counter pan of beef. Drizzle 4 cups BBQ Sauce over each counter pan of 25 servings of beef. Cover counter pans with foil and bake at 350 degrees F for 45 minutes to 1 hour or until internal temperature of 165 degrees F and tender.

Serve 1 3 oz portion and 1-2 T BBQ Sauce = 1 3oz EP meat.