Beef Roasting Information

SIMPLIFY THE GUESS WORK

Use the chart below for guidance when purchasing beef roast. Each recommendation provides an approximate 3 oz serving of cooked beef per person. Purchase a larger roast if you want second helpings of leftovers!

PURCHASING TIPS

- For bone-in roasts, purchase a roast that has 1 rib for every 2 people.
- Call ahead to your meat counter to order the size of roast you prefer.

COOKING TIPS

- Insert an ovenproof meat thermometer so the tip is centered in the thickest part of the roast, not resting in fat or touching bone.
- Transfer the finished roast to a carving board and tent loosely with aluminum foil to rest before slicing.

TRIMMED TENDERLOIN ROAST

Number of Servings	Approximate Weight of Roast (lbs)	Oven Temp (°F, preheated)	Doneness	Approximate Cooking Time	Internal temp to remove roast from oven (°F)
4-6	1-2	425	Medium Rare	30 min to 40 min	135
4-6	1-2	425	Medium	35 min to 45 min	145
8-10	2-3	425	Medium Rare	35 min to 45 min	135
8-10	2-3	425	Medium	45 min to 50 min	145

RIBEYE ROAST (BONELESS)

Number of Servings	Approximate Weight of Roast (lbs)	Oven Temp (°F, preheated)	Doneness	Approximate Cooking Time	Internal temp to remove roast from oven (°F)
12-16	3-4	350	Medium Rare	1hr 30min to 1hr 45min	135
12-16	3-4	350	Medium	1hr 45min to 2hr	145

RIBEYE ROAST (BONE-IN)

Number of Servings	Number of Ribs	Approximate Weight of Roast (lbs)	Oven Temp (°F, preheated)	Doneness	Approximate Cooking Time	Internal temp to remove roast from oven (°F)
4-6	2	4-6	350	Medium Rare	1hr 45min to 2hr 15min	135
4-6	2	4-6	350	Medium	2hr 15min to 2hr 45min	145
8-10	4-5	8-10	350	Medium Rare	2hr 30min to 3hr	135
8-10	4-5	8-10	350	Medium	3hr to 3hr 30min	145

* Use a meat thermometer to determine cooking temperature. The internal temperature of the roast will continue to rise once removed from the oven.
For Medium Rare doneness, a final internal temperature of 145°F will be achieved after 15 to 20 minutes resting time.
For Medium doneness, a final internal temperature of 160°F will be achieved after 15 to 20 minutes resting time.