

# Roasting Guidelines

Beef Cut	Oven Temperature (Preheated)	Weight (Pounds)	Approximate Total Cooking Time	Remove roast from oven when internal temperature reaches:
<b>CHUCK</b>				
Shoulder Petite Tender Roast	425°F	8 to 12 ounces	Medium Rare to Medium: 20 to 25 minutes	145°F to 160°F (No stand time needed.)
<b>RIB</b>				
Ribeye Roast, <i>small end</i>	350°F	3 to 4	Medium Rare: 1-1/2 to 1-3/4 hours Medium: 1-3/4 to 2 hours	135°F 150°F
		4 to 6	Medium Rare: 1-3/4 to 2 hours Medium: 2 to 2-1/2 hours	135°F 150°F
		6 to 8	Medium Rare: 2 to 2-1/4 hours Medium: 2-1/2 to 2-3/4 hours	135°F 150°F
Ribeye Roast, <i>large end</i>	350°F	3 to 4	Medium Rare: 1-3/4 to 2-1/4 hours Medium: 2 to 2-1/2 hours	135°F 150°F
		4 to 6	Medium Rare: 2 to 2-1/2 hours Medium: 2-1/2 to 3 hours	135°F 150°F
		6 to 8	Medium Rare: 2-1/4 to 2-1/2 hours Medium: 2-3/4 to 3 hours	135°F 150°F
Rib Roast, <i>chine bone removed</i>	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 150°F
		6 to 8 (2 to 4 ribs)	Medium Rare: 2-1/4 to 2-1/2 hours Medium: 2-3/4 to 3 hours	135°F 150°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 150°F
<b>LOIN</b>				
Tenderloin Roast, <i>well-trimmed</i>	425°F	2 to 3 ( <i>center-cut</i> )	Medium Rare: 35 to 40 minutes Medium: 45 to 50 minutes	135°F 150°F
		4 to 5 ( <i>whole</i> )	Medium Rare: 50 to 60 minutes Medium: 60 to 70 minutes	135°F 150°F
<b>SIRLOIN</b>				
Tri-Tip Roast	425°F	1-1/2 to 2	Medium Rare: 30 to 40 minutes Medium: 40 to 45 minutes	135°F 150°F
<b>ROUND</b>				
Round Tip Roast	325°F	3 to 4	Medium Rare: 1-3/4 to 2 hours Medium: 2-1/4 to 2-1/2 hours	140°F 155°F
		4 to 6	Medium Rare: 2 to 2-1/2 hours Medium: 2-1/2 to 3 hours	140°F 155°F
		6 to 8	Medium Rare: 2-1/2 to 3 hours Medium: 3 to 3-1/2 hours	140°F 155°F
Round Sirloin Tip Center Roast	325°F	2 to 2-1/2	Medium Rare: 1-1/4 to 1-1/2 hours	140°F
Rump Roast	325°F	3 to 4	Medium Rare: 1-1/2 to 2 hours	135°F
Bottom Round Roast	325°F	3 to 4	Medium Rare: 1-1/2 to 2 hours	135°F
Eye Round Roast	325°F	2 to 3	Medium Rare: 1-1/2 to 1-3/4 hours	135°F
<b>OTHER</b>				
Ground Beef, <i>meatloaf</i> Cook to 160°F.	350°F	8 x 4-inch 1-1/2 pounds	1-1/4 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.

