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Monday to 7:00 P

# ZEL'S

## GREAT ROAST BEEF

For over 50 years Zels has slow roasted only USDA Choice beef. We absolutely guarantee to continue the process of using only the finest ingredients in furthering the founder's tradition.

### USDA Choice Beef Sandwiches

Italian Sausage/ Beef Combo with fries	\$ 7.99
Roast Beef or Bar-B-Que Beef with fries	\$ 7.99
Junior Beef or Junior Bar-B-Que Beef with fries	\$ 6.99
Chili Cheese Beef	\$ 7.99
Junior Chili Cheese Beef	\$ 6.99

### Zel's Great Roast Beef

By The Pound

\$ 14.99 per lb.

### Every Day Specials

2 Hot Dogs, One Order of Fries	\$ 4.99
2 Chili Cheese Dogs, One Order of Fries	\$ 5.99
2 Polish, One Order of Fries	\$ 5.99
2 Italian Sausages, One Order of Fries	\$ 5.99



### BEEF ROASTING INFORMATION

To simplify the guess work, use the chart below for general guidance when purchasing your holiday beef roast. Each recommendation will provide an approximate 3 oz serving of cooked beef per person. You may wish to purchase a larger roast if you want second helpings or leftovers!

#### PURCHASING TIPS

- When cooking for 4 people or fewer, it is better to purchase a steak. For tips on how to prepare a delicious steak, visit [BeefIsWhatForDinner.com](http://BeefIsWhatForDinner.com)
- For bone-in roasts, purchase a roast that has 1 lb 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 Temperature (°F, preheated)	Degree of Doneness	Approximate Cooking Time	Remove roast when internal temperature reaches (°F)
4-6	1-2	425	Medium Rare	30 min to 40 min	135
			Medium	35 min to 45 min	145
8-10	2-3	425	Medium Rare	35 min to 45 min	135
			Medium	45 min to 50 min	145

#### RIBEYE ROAST (BONELESS)

Number of Servings	Approximate Weight of Roast (lbs)	Oven Temperature (°F, preheated)	Degree of Doneness	Approximate Cooking Time	Remove roast when internal temperature reaches (°F)
12-16	3-4	350	Medium Rare	1 hr 30 min to 1 hr 45 min	135
			Medium	1 hr 45 min to 2 hr	145

#### RIBEYE ROAST (BONE-IN)

Number of Servings	Number of Ribs	Approximate Weight of Roast (lbs)	Oven Temperature (°F, preheated)	Degree of Doneness	Approximate Cooking Time	Remove roast when internal temperature reaches (°F)
4-6	2	4 to 6	350	Medium Rare	1 hr 45 min to 2 hr 15 min	135
				Medium	2 hr 15 min to 2 hr 45 min	145
8-10	4-6	8 to 10	350	Medium Rare	2 hr 30 min to 3 hr	135
				Medium	3 hr to 3 hr 30 min	145

\*Use a meat thermometer to determine a thorough cooking temperature. The internal temperature of the roast will continue to rise once the roast is 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.

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### Spiced Crockpot Roast Beef

Sourced by: [redflourgirl](#) Comments (0)



Rating: ★★★★★  
 Likes: 1  
 Cook Time: 30 min  
 Cook Temperature: 175

**Ingredients:**  
 2 cup Beef (dry)  
 2 cup Beef (boneless)  
 4 cup Beef (medium, white)  
 1 cup Beef (ground)  
 2 1/2 lb Beef (roast (top))  
 1/2 cup Oil  
 2 cup Water  
 2 lb Ground Beef (ground)  
 1 cup Soy Sauce  
 2 cup Salt  
 1 cup Ground Black Pepper  
 2 cup Worcestershire Sauce  
 4 lb Yonkers, (beef)

**Preparation:**  
 1. Trim all visible fat from roast. Rub back paper and garlic with meat place in crock pot.  
 Make several small shallow cuts in top of roast.  
 2. In crock pot, combine remaining ingredients.  
 3. Add roast to crock pot. Cook on low for 8 to 10 hours or on high 4 hours.  
 4. Add vegetables during last 30 minutes of cooking.  
 5. Roast should serve as 3-4 servings of roast and 2 vegetable servings each.

One Serving Provides: 11 Lean, 3 Dark, 3 Conditives

# Nutrition Facts

8 servings per container

Serving size 1/8 recipe (190g)

Amount per serving

**Calories** **360**

% Daily Value\*

Total Fat 19g 24%

Saturated Fat 8g 40%

Trans Fat 0g

Cholesterol 115mg 38%

Sodium 460mg 20%

Total Carbohydrate 15g 5%

Dietary Fiber 1g 4%

Total Sugars 6g

Includes 2g Added Sugars 4%

Protein 30g

Vitamin D 0mcg 0%

Calcium 35mg 2%

Iron 3mg 15%

Potassium 401mg 8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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