

## Uploaded to the VFC Website

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

## Veterans-For-Change

Veterans-For-Change is a A 501(c)(3) Non-Profit Organizaton Tax ID #27-3820181 CA Incorporation ID #3340400 CA Dept. of Charities ID #: CT-0190794

If Veterans don't help Veterans, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=\_s-xclick&hosted\_button\_id=WGT2M5UTB9A78

**Note**: VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.





- 1) Place the roast in a roasting pan with the fatty side up. In a small bowl, mix together the garlic, olive oil, salt, pepper and thyme. Spread the mixture over the fatty layer of the roast, and let the roast sit out until it is at room temperature, no longer than 1 hour.
- 2) Preheat the oven to 500 degrees F.
- 3) Bake the roast for 20 minutes in the preheated oven, then reduce the temperature to 325 degrees F, and continue roasting for an additional 60 to 75 minutes. The internal temperature of the roast should be at 135 degrees F for medium rare.
- 4) Allow the roast to rest for 10 or 15 minutes before carving so the meat can retain its juices.