

Eye of Round Roast (Stuffed)



Ingredients:

One 4 to 5 pound Eye of Round Roast
1 small shallot (sliced)
4 large gulf shrimp
1 sliced Portobello mushroom
¼ Cup crushed pineapple
¼ Cup diced red and green chiles (Rotel)
2 Tablespoons of minced garlic

Directions:

Pre-heat oven to 350 degrees Sauté gulf shrimp in butter and garlic until just pink, slice shrimp down the middle so you end up with 8 pieces of shrimp.

Slice open/create a cavity in the eye of round. Insert slices of Portobello mushrooms, 4 or 5 slices of shallot, pineapple, shrimp and both red and green chiles.

Tie the roast back together with butchers string (pre- the roast with tin foil soaked in water) and place it on a rack in the roasting pan.

Cook for approximately 1 ½ to 2 hours ((20 to 22 minutes per pound).

Cover the top of the roast with tin foil for the first 70 minutes of cooking, then remove to brown the roast for the remaining 20 minutes or so.

This adds more flavor to the roast. Additionally, you can also add some pineapple juice and chile juice to the bottom of the roasting pan.

Let it rest just a bit prior to serving, and enjoy!