

Oven Roasting Guidelines

Beef Cut	Oven Temperature (preheated)	Weight (pounds)	Approximate Total Cooking time	Internal Temperature*
Petite Tender Roast	425°F	8 to 12 ounces	Medium Rare: 20 to 25 minutes	135°F
			Medium: 25 to 30 minutes	150°F
Ribeye Roast, Boneless (small end)	350°F	3 to 4	Medium Rare: 1-1/2 to 1-3/4 hours	135°F
			Medium: 1-3/4 to 2 hours	145°F
		4 to 6	Medium Rare: 1-3/4 to 2 hours	135°F
			Medium: 2 to 2-1/4 hours	145°F
		6 to 8	Medium Rare: 2 to 2-1/4 hours	135°F
			Medium: 2-1/4 to 2-1/2 hours	145°F

Ribeye Roast, Boneless (large end)	350°F	3 to 4	Medium Rare: 1-1/2 to 2 hours	135°F
			Medium: 2 to 2-1/4 hours	145°F
		4 to 6	Medium Rare: 2 to 2-1/4 hours	135°F
			Medium: 2-1/4 to 2-1/2 hours	145°F
		6 to 8	Medium Rare: 2-1/4 to 2-1/2 hours	135°F
			Medium: 2-1/2 to 2-3/4 hours	145°F
Ribeye Roast, Bone-In	350°F	4 to 6 (2 ribs)	Medium Rare: 1-3/4 to 2-1/4 hours	135°F
			Medium: 2-1/4 to 2-3/4 hours	145°F
		6 to 8 (2 to 4 ribs)	Medium Rare: 2-1/4 to 2-1/2 hours	135°F
			Medium: 2-1/2 to 3 hours	145°F
		8 to 10 (4 to 5 ribs)	Medium Rare: 2-1/2 to 3 hours	135°F
			Medium: 3 to 3-1/2 hours	145°F
Tenderloin Roast (well-trimmed)	425°F	2 to 3 (center-cut)	Medium Rare: 35 to 45 minutes	135°F
			Medium: 45 to 50 minutes	145°F
		4 to 5 (whole)	Medium Rare: 45 to 55 minutes	135°F
			Medium: 55 to 65 minutes	145°F

Strip Roast, Boneless	325°F	3 to 4	Medium Rare:	135°F
			1-1/4 to 1-1/2 hours	
			Medium:	145°F
		4 to 6	1-1/2 to 1-3/4 hours	
			Medium Rare:	135°F
			1-1/2 to 1-3/4 hours	
		6 to 8	Medium:	145°F
			1-3/4 to 2 hours	
			Medium Rare:	135°F
Tri-Tip Roast	425°F	1-1/2 to 2	1-3/4 to 2 hours	
			Medium Rare:	135°F
			30 to 40 minutes	
		2 to 3	Medium:	150°F
			40 to 50 minutes	
			Medium Rare:	135°F
			40 to 50 minutes	
			Medium:	150°F
			50 to 60 minutes	
Sirloin Tip Roast	325°F	3 to 4	Medium Rare:	140°F
			1-3/4 to 2 hours	
			Medium:	150°F
		4 to 6	2 to 2-1/4 hours	
			Medium Rare:	135°F
			2 to 2-1/4 hours	
		6 to 8	Medium:	150°F
			2-1/4 to 2-3/4 hours	
			Medium Rare:	135°F
			2-1/4 to 2-3/4 hours	
			Medium:	150°F
			2-3/4 to 3-1/4 hours	

Sirloin Tip Center Roast	325°F	2 to 2-1/2	Medium Rare: 1-1/4 to 1-1/2 hours	135°F
Rump Roast, Bottom Round Roast	325°F	3 to 4	Medium Rare: 1-1/4 to 1-3/4 hours	135°F
Eye of Round Roast	325°F	2 to 3	Medium Rare: 1-1/4 to 1-1/2 hours	135°F
Ground Beef, Meatloaf	350°F	10 x 4-inch (2 pounds)	1-1/4 to 1-1/2 hours	160°F

** Remove Roast from oven when internal temperature reaches:*

View USDA's safe minimal internal temperatures for beef steaks, chops, roasts and grinds [here](#)