

Eye of Round

Prep: 15 minutes to 2 hours (room-temp seasoning rest) • Cook: Sear on high heat, then smoke at 275°F to 125°F internal (approx. 45–90 minutes, depending on roast size)

A budget-friendly Texas-style eye of round, seared in cast iron and smoked over post oak with a bold SPG-forward rub, rested with butter and sliced thin for juicy, tender bites.

Ingredients

- 1 eye of round roast
- 2 tbsp neutral cooking oil (neutral; e.g., avocado oil)
- 4 tbsp butter (for resting; optional; compound butter acceptable)
- to taste Holy Cow seasoning
- to taste Garlic & Herb seasoning

Instructions

1. Trim the eye of round: remove excess hard fat; optionally score any full fat cap.
2. Season all sides generously with Holy Cow seasoning (SPG-forward).
3. Follow with a coat of Garlic & Herb seasoning. Let the roast sit at room temperature for at least 15 minutes and up to 2 hours so the seasoning adheres and the meat warms slightly.
4. Preheat a cast iron skillet or griddle over high heat. Add neutral oil.
5. Sear the roast on all sides until well-browned. (Option: sear over a hot grill fire, or skip searing and go straight to smoking.)
6. Preheat smoker to 275°F, using post oak or your preferred wood.
7. Place the seared roast (you can slide the cast iron into the smoker) and smoke until the internal temperature reaches 125°F for medium-rare.
8. Remove from the smoker and skillet. Rest at least 15 minutes to allow for carryover cooking.
9. Optionally top the roast with butter or compound butter while resting so it melts over the meat.
10. Slice thinly with a sharp knife across the grain. Serve as-is or with horseradish cream or chimichurri.

Tags: Beef, Smoked, Texas BBQ, Holiday, Budget Friendly, Roast
