



# Eye of Round

## How To Cook Eye of Round

Prep Time: 5 minutes

Cook Time: 180 minutes

Total time: 3 hours 5 minutes

### Instructions

1. Preheat oven to 375 degrees
2. Put ¼ inch of water in pan
3. Place the meat in the pan and cover with foil.
4. Bake covered for approx. 2-3 hours until it is fork tender.
5. Once it is fork tender, remove the foil and bake until brown.