



Featuring
Chef Darryl Crumb

Eat Like An Athlete

Presented By Manitoba Beef Producers

Lime-Chipotle Rotisserie Beef

- 1/2 cup (125 mL) fresh lime juice
- 3 tbsp (45 mL) minced chipotle peppers in adobo sauce
- 2 tbsp (30 mL) EACH vegetable oil and brown sugar
- 1 Beef Rotisserie Roast (e.g. Sirloin Tip), about 3 lb
- 1 tsp (5 mL) EACH ground cumin and Dijon mustard
- 1 tbsp (15 mL) hot pepper sauce
- 2 cloves garlic, minced
- 1 tsp (5 mL) EACH salt and pepper

Combine lime juice, chipotle peppers, oil, brown sugar, hot pepper sauce, cumin, mustard and garlic in large sealable freezer bag. Pierce roast all over with fork and add to bag; turn to coat. Refrigerate for 12 to 24 hours. Reserve marinade; pat roast dry with paper towel. Season with salt and pepper.

Place drip pan under grill; add 1/2 inch (1 cm) water to pan. Preheat barbecue to medium-high 400°F/200°C). Insert spit rod lengthwise through centre of roast; secure with holding forks and place over drip pan. Insert meat thermometer into middle of roast, avoiding spit rod. Cook at constant heat in closed barbecue until thermometer reads 140°F (60°C) for medium-rare (about 1 hour).

Transfer roast to cutting board; tent with foil for 10 to 15 minutes. Meanwhile, bring reserved marinade to boil. Carve roast into thin slices and serve with boiled marinade as a sauce.



[Recipe Courtesy Canada Beef](#)

Makes 12 Servings. Per Serving: 173 Calories, 23 g protein, 7 g fat, 2 g carbohydrate. Good source of iron (16% DV) and excellent source of zinc (64% DV), 13% DV sodium

Supporting Hard Working Families Like Yours

- Manitoba is home to roughly 7,000 beef producers. Beef production represents Manitoba's single largest agricultural sector in terms of the number of individual farm operations. Because of this, the industry plays a vital role in Manitoba's overall economy and is an essential component in maintaining rural economic sustainability. The majority of producers are cow-calf producers meaning the Canadian beef that ends up on your plate likely came from here in Manitoba.
- Manitoba Beef Producers are committed to producing a great quality, safe and wholesome product for families throughout Canada and the world. When you purchase Canadian beef, you are supporting hard working Manitoba families like yours.



If You Can't Play Like An Athlete You Can Still Eat Like One!

