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## Beef, Lamb, Pork and Veal Roasting Chart

Minimum internal temperature = 145°F (63°C).			
Allow to rest for at least <b>3 minutes</b> .			
Туре	Oven °F/°C	Timing	
Beef			
Rib roast, bone-in 4 to 6 lbs.	325°F (163°C)	23 to 25 min/lb.	
Rib roast, boneless 4 to 6 lbs.	325°F (163°C)	28 to 33 min/lb.	
Round or rump roast 2 ½ to 4 lbs.	325°F (163°C)	30 to 35 min/lb.	
Tenderloin roast, whole 4 to 6 lbs.	425°F (218°C)	45 to 60 minutes total	
Lamb			
Leg, bone-in 5 to 7 lbs. 7 to 9 lbs.	325°F (163°C)	20 to 25 min/lb. 10 to 15 min/lb.	
Leg, boneless, rolled 4 to 7 lbs.	325°F (163°C)	25 to 30 min/lb.	
Shoulder roast 3 to 4 lbs.	325°F (163°C)	30 to 35 min/lb.	
Fresh Pork			
Loin roast, bone-in or boneless 2 to 5 lbs.	350°F (177°C)	20 min/lb.	
Crown roast 10 lbs.	350°F (177°C)	12 min/lb.	
Tenderloin <sup>1</sup> ⁄ <sub>2</sub> to 1 <sup>1</sup> ⁄ <sub>2</sub> lbs.	425°F (218°C) - 450°F (232°C)	20 to 27 minutes total	
Boston butt 3 to 6 lbs.	350°F (177°C)	45 min./lb.	
Ribs 2 to 4 lbs.	350°F (177°C)	1 ½ to 2 hours (or until fork tender)	

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Туре	Oven °F/°C	Timing	
Veal			
Rib roast 4 to 5 lbs.	325°F (163°C)	25 to 27 min/lb.	
Loin 3 to 4 lbs.	325°F (163°C)	34 to 36 min/lb.	

Date Last Reviewed September 21, 2023