

Beef, Lamb, and Veal Roasting Chart

Type	Oven °F	Timing	Minimum Internal Temperature and Rest Time
Beef			
Rib roast, bone-in 4 to 6 lbs.	325	23 to 25 min/lb.	145 °F and allow to rest for at least 3 minutes
Rib roast, boneless 4 to 6 lbs.	325	Add 5-8 min/lb. to times above	
Round or Rump Roast 2 ½ to 4 lbs.	325	30 to 35 min/lb.	
Tenderloin roast, whole 4 to 6 lbs.	425	45 to 60 minutes total	
Lamb			
Leg, bone-in 5 to 7 lbs.	325	20 to 25 min/lb.	145 °F and allow to rest for at least 3 minutes
Leg, boneless 4 to 7 lbs.	325	20 to 25 min/lb.	
Shoulder roast 3 to 4 lbs.	325	20 to 30 min/lb.	
Veal			
Rib Roast 4 to 5 lbs.	325	25 to 27 min/lb.	145 °F and allow to rest for at least 3 minutes
Loin 3 to 4 lbs.	325	34 to 36 min/lb.	