

Beef Pot Roast and Veggies

1 3-4lb beef roast
1 onion
2 cloves garlic
1/2 C flour
salt & pepper (to taste)
canola oil
water
tamari (or soy sauce)
6 potatoes
5 carrots

Pre-heat oven to 250. Rinse pot roast under cold water. Slice garlic and set aside. Slice one onion and set aside. In a gallon bag add flour, salt & pepper- set aside. Add enough canola oil in a cast iron dutch oven to cover bottom completely and heat on medium low. Place pot roast on cutting board. With a small kitchen knife make small slits on all sides of the roast (I call it "stabbing" the roast & giving it puncture wounds). Insert garlic into the slits in the roast. Place roast in the bag with flour mixture and shake until meat is thoroughly coated. Place roast in oil and brown on all sides. Once brown turn heat off. Cover roast in sliced onions. Pour enough water over roast to just cover. Pour tamari over roast until water turns a light brown. Place lid on dutch oven and cook for 2 1/2 hours at 250.

After 2 1/2 hours of cooking: wash & chop Potatoes & carrots into quarters. Remove roast from oven. Raise temperature of oven to 350. Add veggies to dutch oven and cover. Return to oven and bake for one more hour at 350.

Remove roast from dutch oven and let rest for aprox 10 min. Remove Veggies. You can make a quick gravy with the broth left in dutch oven or save the broth for beef stew.

Pot Roast Gravy

2 Mushrooms
1/4 C chopped onions
1 stalk of celery
1/4 C butter (watch)
1/4 C flour (watch)

In a deep frying pan melt butter. Add veggies & sautee until done. Wisk in flour (ensure there is enough flour to absorb all the butter & veggies. Add more if needed) Add Pot roast broth and whisk until all flour is absorbed. Stir gravy until desired thickness. Serve over roast & veggies.

*This makes a lot and it is very nice to have leftovers to make Beef Stew the next day!