

American Yankee Pot Roast



Enjoy! Jackie Allen's recipe.

Ingredients:

- 2-3 pounds boneless chuck roast, fat trimmed
- 1 tablespoon salt or kosher
- 1 tablespoon black pepper
- 2 teaspoons olive oil
- 1 1/2 cups coarsely chopped onions
- 1 clove of garlic chopped
- 1 cup beef broth (chicken or water will work also)
- 3 tablespoons ketchup or tomato sauce
- 1 tablespoon Worcestershire sauce
- 1 cup chopped tomatoes
- 2 Bay leaves
- 1/2 teaspoon dried rosemary
- 3-4 small potatoes, slightly peeled and cut into bite size pieces
- 3 carrots, peeled and cut into 1-inch pieces
- Chopped fresh parsley (optional)



Directions:

1. Preheat oven to 300°.
2. Heat olive oil in a large Dutch oven or large pot over medium-high heat. Sprinkle roast with salt and pepper. Add roast to pan, browning on all sides (about 6 minutes). Remove from pan and place on to a large plate. Set aside.
3. Return to your large pot. Add onions to hot pan; sauté 5 minutes or until browned, add garlic cook for 1 minute.
4. Combine broth, ketchup, and Worcestershire; pour over roast. Add tomatoes, bay leaves and rosemary; bring to a simmer.
5. Cover and bake at 300° for 1 hour. Remove from the oven carefully, add potatoes and carrots; cover and bake for another 45-60 minutes or until vegetables and meat are tender.
6. Garnish with parsley, serve with a fresh baked bread and salad

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