
Best Ever Pot Roast

Bonnie Welch and Deanna White
Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 6

3 to 4 pound arm roast

2 cups water

Lawry's seasoned salt

pepper

1 bay leaf (optional)

6 potatoes, pared and cut into pieces

6 to 8 carrots, peeled and cut into pieces

2 onions, quartered

GRAVY

3 to 4 tablespoons cornstarch

1/2 cup water

1/2 teaspoon salt

1/4 teaspoon pepper

1 teaspoon Kitchen Bouquet

Set the pot roast in a roasting pan. Sprinkle liberally with salt and pepper. Add two cups of water and the bay leaf. Cover and cook in a 250 degree oven for five to six hours.

About one hour before serving, add the vegetables and raise the oven heat to 325 degrees. In an hour's time you will have a tender, moist pot roast and vegetables with a minimum of fuss. (You can even put the roast into the oven while frozen, only start it one hour earlier.)

Remove the meat and vegetables from the roasting pan and set the pan on the stovetop to make gravy. While stirring constantly over medium-high heat, add enough cornstarch, dissolved in cold water, to the drippings to make the desired consistency. Season with salt, pepper and Kitchen Bouquet.

Beef

Per Serving (excluding unknown items): 385 Calories; trace Fat (0.8% calories from fat); 4g Protein; 91g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 220mg Sodium. Exchanges: 5 1/2 Grain(Starch); 2 Vegetable; 0 Fat.