

# Burgundy Roast

Linda Z Sloan

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

*3 pounds blade cut roast  
beef  
2 tablespoons oil  
1 teaspoon marjoram  
1 teaspoon rosemary  
1 teaspoon sweet basil  
1 teaspoon tarragon  
1 cup burgundy wine  
1 cup beef broth  
1 onion  
1/2 green pepper, sliced  
2 carrots, sliced  
2 stalks celery, sliced*

Preheat the oven to 400 degrees.

In a pot, brown the meat in oil. Add the salt, pepper and garlic to taste.

In a saucepan, place all of the spices and burgundy wine.

To the wine, add the beef broth, onion, green pepper, carrots and celery. Simmer until hot.

Pour over the meat in the pot. cover.

Bake for one hour.

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Per Serving (excluding unknown items): 442 Calories; 28g Fat (55.3% calories from fat); 15g Protein; 36g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 1406mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 5 1/2 Vegetable; 5 1/2 Fat.