
Pot Roast III

Audrey Bayer - New York

North American Potpourri - Autism Directory Service, Inc - 1993

4 pounds beef brisket
2 teaspoons salt
3 tablespoons brown sugar
1/2 cup chili sauce
1/2 cup ketchup
3/4 cup white vinegar
1 cup celery leaves, chopped
2 onions, sliced
1 package baby carrots
mushrooms
raisins

In a bowl, mix the salt, sugar, brown sugar, chile sauce, ketchup and white vinegar. Mix well.

Place the meat in a non-metal bowl. Pour the marinade sauce over the meat. Marinate overnight.

Place the brisket into a roasting pan with the marinade..

Add the celery leaves, onions, carrots, mushrooms and raisins.

Bake at 325 degrees for 3/4 to one hour per pound. Cover while cooking. Baste occasionally. Uncover for the last hour of cooking.

Beef

Per Serving (excluding unknown items): 6035 Calories; 483g Fat (72.6% calories from fat); 313g Protein; 97g Carbohydrate; 9g Dietary Fiber; 1326mg Cholesterol; 6933mg Sodium. Exchanges: 43 1/2 Lean Meat; 3 1/2 Vegetable; 67 Fat; 5 Other Carbohydrates.