

Savory Oven Pot Roast

Alyce Desroches

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 10

*3 pounds beef bottom round
or rump roast*

salt

pepper

pinch nutmeg

2 tablespoons flour

1 tablespoon oil

4 large onions, sliced

1 clove garlic, crushed

2 cups hot beef bouillon

2 tablespoons tomato paste

1 tablespoon sugar

1 tablespoon vinegar

1 teaspoon thyme

4 sprigs parsley

2 celery tops

1 bay leaf

In a square of cheesecloth, place the parsley, celery and bay leaf. Tie the ends together to form a herb bouquet bag.

In a small bowl, mix the salt, pepper, nutmeg and thyme. Add the flour and mix thoroughly.

Dust the beef with the flour and seasonings mixture.

In a heavy, ovenproof pan, heat oil. Brown the meat in the pan. Remove the meat to a platter.

Brown the onions and garlic lightly in the pan. Replace the meat. Add the bouillon, tomato paste, sugar, vinegar and herb bouquet bag. Cover.

Place the pan in the oven. Bake at 350 degrees until the meat is tender, about two and one-half hours. Discard the herb bouquet.

Serve with pan gravy.

Per Serving (excluding unknown items): 52 Calories; 2g Fat (26.8% calories from fat); 2g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 41mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1/2 Fat; 0 Other Carbohydrates.