
Pot Roast A La New Orleans

Evalyn M Hawes - San Manuel, AZ

Olde Family Favorites - Order of the Eastern Star -1965

Servings: 6

1 four-pound pot roast
1/2 teaspoon pepper
1/2 teaspoon cloves
1/2 teaspoon mace
1/2 teaspoon allspice
1 teaspoon chili powder
1 tablespoon salt
1 clove garlic, minced
2 tablespoons lemon juice
1 tablespoon vinegar
1 1/2 cups cooking oil
flour
1 can tomato sauce
2 cups water
2 to 3 bay leaves

In a bowl, combine all of the seasonings. Rub the meat with the combined seasonings and garlic.

In a bowl, combine the lemon juice, vinegar and 1/2 cup of the oil. Pour over the meat, covering it well.

Refrigerate the roast for several hours or overnight, turning occasionally.

Coat the roast with flour. Sear the roast in a skillet with the remaining oil until brown. Reduce the heat. Add the marinade, tomato sauce, water and bay leaf.

Simmer the roast slowly until done.

Beef

Per Serving (excluding unknown items): 500 Calories; 55g Fat (96.1% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1320mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 11 Fat; 0 Other Carbohydrates.