

Fruited Pot Roast

Ginny Simon

Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 6

*3 to 4 pound beef pot roast
cooking oil*

1 cup apple cider

2 tablespoons sugar

1/4 teaspoon cinnamon

1/4 teaspoon ginger

3 whole cloves

In a Dutch oven in a little hot oil, brown the meat on all sides.

In a bowl, combine the apple cider, sugar, cinnamon, ginger and cloves.

Pour the mixture over the meat.

Cook until tender.

Per Serving (excluding unknown items): 81 Calories; 3g Fat (34.8% calories from fat); 3g Protein; 11g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 18mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.