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# German Pot Roast

*Jean McKeen*

*St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010*

**2 tablespoons olive oil**

**3 to 4 pound Eye of Round roast**

**2 onions, chopped**

**2 cloves garlic, chopped**

**2 tablespoons cider vinegar**

**1 cup beef broth**

**Wonder flour**

Heat oil in a stew pot. Add the roast and brown on all sides. Remove the roast.

Brown the onions and add the garlic. Return the meat to the pot. Pour the vinegar over the meat.

When you can smell the vinegar, add the broth. Simmer for three hours until the meat is tender. Remove the roast from the pot and allow to stand. Add Wonder flour, a little at a time, stirring constantly until the juices thicken.

Slice the roast.

(Compliment the pot roast by serving with sour cream and chive mashed potatoes, green beans and red cabbage.)

Yield: 6 to 8 servings

**Beef**

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*Per Serving (excluding unknown items): 394 Calories; 27g Fat (60.7% calories from fat); 14g Protein; 26g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 1287mg Sodium. Exchanges: 1 Lean Meat; 3 1/2 Vegetable; 5 1/2 Fat; 0 Other Carbohydrates.*