

# Pot Roast A La Loukas

*Bobbi Loukas*

*Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011*

*3 to 4 pound rump of beef  
1/2 cup olive oil  
2 medium onions, sliced  
1 bottle chili sauce  
1/2 to one cup dry red wine  
6 large carrots, sliced  
1 cup mushrooms, sliced  
salt (to taste)  
pepper (to taste)*

In a Dutch oven, heat the olive oil. Brown and pepper the meat on all sides. Saute' the onions in the same pot until glazed. Pour the bottle of chili sauce over the meat.

Add the wine and 1-1/2 cups of water. Cover. Simmer for about one hour.

Add the carrots and mushrooms.

Continue cooking until the meat is fork tender.

Remove the meat. Slice thinly. Stir the contents of the pot. Adjust the liquid and seasonings. Thicken if necessary. Serve over the meat.

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Per Serving (excluding unknown items): 1255 Calories; 109g Fat (76.5% calories from fat); 9g Protein; 67g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 174mg Sodium. Exchanges: 12 1/2 Vegetable; 21 1/2 Fat; 0 Other Carbohydrates.