
Pot Roast

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2 tablespoons flour
2 teaspoons salt
1/4 teaspoon pepper
4 pounds bottom round beef
1 to 2 teaspoons oil
3 medium onions, quartered
2 cans (14 ounce ea) beef broth
4 large carrots, cut into 2-inch pieces
4 medium potatoes, quartered
GRAVY
2 tablespoons flour
1/4 cup broth from the cooking pot

In a bowl, mix the flour, salt and pepper. Rub the mixture over the beef to coat. Reserve the leftover flour.

In a large pot, heat the oil. Add the beef. Brown on all sides. Remove the beef and set aside.

Using the same pot containing the beef drippings, add the onions and brown well, stirring occasionally. Add one can of broth and bring to a boil. Add the beef and sprinkle the reserved flour over the beef.

Cover, reduce the heat and simmer for two hours.

Add a second can of broth with the carrots and potatoes. Simmer until the vegetables are tender, about one hour. Remove the meat and let rest for several minutes.

Make the gravy: In a bowl, blend the flour with broth until smooth. Slowly stir the mixture into broth until smooth and the gravy thickens. (You may need to repeat in order to obtain the desired consistency.) Additional potatoes and carrots may be added, just increase the amount of the broth.

Beef

Per Serving (excluding unknown items): 2795 Calories; 220g Fat (69.4% calories from fat); 42g Protein; 177g Carbohydrate; 23g Dietary Fiber; 0mg Cholesterol; 6963mg Sodium. Exchanges: 7 1/2 Grain(Starch); 2 1/2 Lean Meat; 10 1/2 Vegetable; 43 1/2 Fat.