Classic Pot Roast

Earle Braunhardt - Fort Pierce, FL Scripps Treasure Coast Newspaper

3 - 5 pound rump roast OR bottom round 1 cup burgundy 2 white onions, sliced salt and pepper (to taste) garlic powder Adolph's Original tenderizer 1 - 2 tablespoons vegetable oil Trim the excess fat from the roast (be sure to leave some) and lightly sprinkle on the garlic powder and tenderizer. Rub in the spices and pierce the meat with a fork several times.

In a large, heavy kettle or Dutch oven over medium heat, add the vegeatble oil and brown the meat well on all sides. Remove after browning and pour off the excess fat.

Place a trivet on the bottom of the kettle and make a bed of onions on top of the trivet.

Place the prepared roast on the onion and pour the burgundy over all. Cover and simmer for one hour.

Remove the cover and lightly coat with salt and pepper. Simmer for three hours or until fork tender, basting two to four times (adding water, if needed).

Remove the roast and tent with foil.

Make gravy from the drippings by adding a premixed solution of cornstarch and water.

Slice and serve with your choice of vegetables.

Per Serving (excluding unknown items): 494 Calories; 28g Fat (70.5% calories from fat); 3g Protein; 23g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 3 1/2 Vegetable; 5 1/2 Fat.

Beef

Dar Camina Mutritional Analysis

Calories (kcal):	494	Vitamin B6 (mg):	.3mg
% Calories from Fat:	70.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	26.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	28g	Folacin (mcg):	47mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (q):	16g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	170 0.0%
Cholesterol (mg):	0mg		
Carbohydrate (g):	23g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	18mg	Vegetable:	3 1/2
Potassium (mg):	610mg	Fruit:	0
Calcium (mg):	63mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	5 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	14mg	-	
Vitamin A (i.u.):	OIŪ		
Vitamin A (r.e.):	0RE		

Nutrition Facts

Amount Per Serving		
Calories 494	Calories from Fat: 349	
	% Daily Values*	
Total Fat 28g	42%	
Saturated Fat 3g	16%	
Cholesterol 0mg	0%	
Sodium 18mg	1%	
Total Carbohydrates 23g	8%	
Dietary Fiber 4g	16%	
Protein 3g		
Vitamin A	0%	
Vitamin C	23%	
Calcium	6%	
Iron	8%	

^{*} Percent Daily Values are based on a 2000 calorie diet.