

Company Pot Roast

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Yield: 6 to 8 servings

*4 to 5 pounds beef rump or
chuck roast, boned, rolled
and tied*

1/2 cup shortening

1 large onion, chopped

*1 cup dry red wine
(burgundy or claret)*

*1 teaspoon dried marjoram
leaves*

1 cup beef consomme'

*1 teaspoon Worcestershire
sauce*

1 teaspoon salt

1/8 teaspoon pepper

1 large carrot, thinly sliced

2 teaspoons cornstarch

Preheat the oven to 300 degrees.

Roll the beef roast in flour, coating completely.

Melt shortening in a large skillet. Add the meat and brown on all sides (about 20 minutes). Remove the meat from the pan. Add the onion and saute' until tender. Transfer the roast, onion and shortening to a large casserole. Add the wine, consomme', Worcestershire sauce, salt and pepper.

Cover the casserole tightly and bake for approximately two hours. Turn the roast, baste and add the sliced carrot.

Bake for another 40 to 60 minutes or until the meat is tender. Remove the meat from the pan.

Place the casserole on direct heat. Blend the cornstarch with 1/2 cup of cold water. Add the cornstarch mixture to the juices in the pan. Cook, stirring constantly, for 1 to 2 minutes or until the gravy is clear.

Per Serving (excluding unknown items): 1004 Calories; 103g Fat (90.3% calories from fat); 2g Protein; 23g Carbohydrate; 4 Dietary Fiber; 0mg Cholesterol; 2210mg Sodium. Exchanges: Grain(Starch); 3 Vegetable; 2 Fat; 0 Other Carbohydrates.