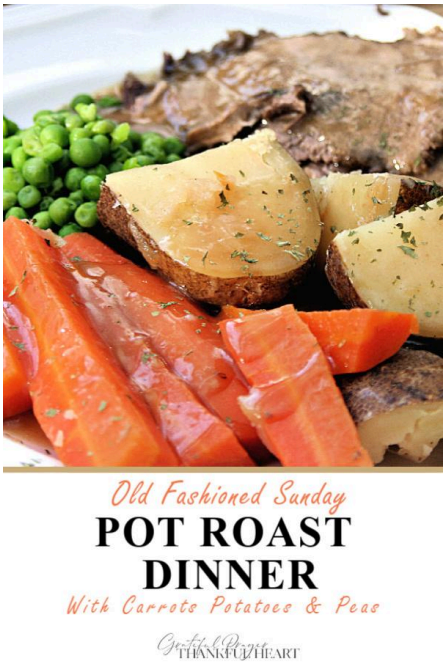
[Sunday Dinner Pot Roast]

Grateful Prayer Thankful Heart



Serves 6-8

INGREDIENTS

- 1 beef rump roast about 3 to 3-1/2 pounds
- 2 tablespoons vegetable or canola oil
- 2 onions, sliced
- 4-5 medium potatoes, cut into chunks
- 1 pound medium carrots, halved lengthwise and cut into pieces
- Kitchen Bouquet, about 2 teaspoons, optional. This flavors the gravy and gives it a nice dark color.
- 1 tsp salt
- 1/4 teaspoon pepper
- 6 Tablespoons cornstarch
- 1/4 cup of cold water

DIRECTIONS

Heat a Dutch oven over medium high heat. Add the oil.

Blot dry the roast and add to the pot. Brown meat on all sides turning only when each side is nicely browned.

Remove the roast to a plate.

Add the onions and cook until beginning to soften and brown.

Return the roast to the pot and add water (about 5-6 cups).

Bring to a boil, reduce heat and simmer gently until meat is tender (about 2 1/2 to 3 hours) Lower and slower is the best for it to become tender.

When fork tender, remove roast to a dish and cover with foil.

Add the carrots, potatoes, Kitchen Bouquet, about 1 tsp salt and 1/4 teaspoon pepper to the pot.

Bring to a boil, reduce heat and simmer until vegetables are fork tender.

Remove vegetables to a serving dish.

For the gravy:

Combine 6 Tablespoons of cornstarch and 1/4 cup of cold water, stirring until smooth.

Slowly whisk mixture into the hot gravy, stirring constantly. Simmer another 2-3 minutes until thickened.

Slice the roast into thin slices, cutting across the grain.

Serve with peas, applesauce and soft dinner rolls.