

Pot Roast

Recipe by: the O'Connor clan

Servings: 5

Amount	Ingredient	Prep Notes
2-3 pounds	roast	trimmed, can use beef or pork roast
	flour	
4	large potatoes	cut into large chunks
6-8	carrots	cut into large chunks
2	onions	cut into large chunks or chopped according to preference
2 cups	beef broth	
1/2 teaspoon	dried marjoram	
1/2 teaspoon	dried basil	
1/4 teaspoon	dried rosemary	
1/4 teaspoon	dried thyme	
1 teaspoon	garlic powder	
pinch	pepper	
dash	Worcestershire sauce	

- preheat oven to 300
- dredge meat in flour; brown on all sides
- place meat in casserole pan or small roasting pan; add veggies
- combine broth, herbs, and Worcestershire sauce; bring broth mixture to boil and pour over meat and veggies
- cover and cook for approximately 2-3 hours or until meat is fork tender

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- *note:* the key to tender pot roast is a low temperature for a long cook time; figure anywhere from 275-325 for about an hour a pound to get a fork tender roast.
 - *note:* make a gravy at the end by removing veggies and combining 1 tablespoon cornstarch or flour with 1/3 cup of water. stir this into the cooking liquid, cooking until thickened.