



ROLLED POT ROAST

- 5 Pound Rolled Chuck Roast
- 1 Clove Garlic, Cut
- 2 Teaspoons Salt
- 3 Tablespoons Flour
- 2 Tablespoons Fat
- 1 Cup Water
- 6 Potatoes, Peeled
- 8 Carrots, Cleaned
- 6 Onions, Peeled

DIRECTIONS

1. Rub meat with garlic.
2. Sprinkle with salt and rub in flour.
3. Heat fat in a Dutch oven.
4. Brown beef on all sides then place on a low rack.
5. Add 1 cup water, or enough to measure 1 inch.
6. Cover tightly.
7. Simmer over low heat and cook about 1 hour per pound, adjusting water as necessary.
8. Add vegetables during the last hour.