



COLORADO POT ROAST

- 2 Tablespoons Flour
- 1 Pot Roast (4 Pounds)
- 1 Cup Canned Tomatoes
- 1 Cup Water
- 2 Cloves Garlic
- 1 Tablespoons Salt
- 1/2 Teaspoon Pepper
- 1 Cup Sliced Onion
- 1/4 Cup Vinegar
- 1/4 Cup Lemon Juice
- 1/4 Cup Ketchup
- 2 Tablespoons Brown Sugar
- 1 Tablespoon Worcestershire Sauce
- 1 Teaspoon Mustard
- 1/4 Teaspoon Paprika
- 1 Recipe Dumplings

DIRECTIONS

1. Rub flour on meat.
2. Brown well on all sides.
3. Slip rack under meat in large kettle.
4. Add tomatoes, water, garlic, salt, and pepper.
5. Cover and simmer for 2 hours.
6. Combine remaining ingredients.
7. Pour over meat.
8. Cover and simmer 1 to 1 1/2 hours.
9. Serve with Dumplings.