



BEEFY POT ROAST

- 4 Pound Shoulder, Bottom Round or Rump Roast
- Garlic
- Flour
- 2 Tablespoons Vegetable Oil
- 1 Chopped Carrot
- 1 Diced Celery Rib
- 1 Diced Turnip
- 1/4 Cup Chopped Green Pepper
- 1 Small Onion, Stuck with 3 Cloves
- 2 Cups Boiling Beef Stock
- 1 Bay Leaf

DIRECTIONS

1. Rub the meat with garlic and dredge in flour.
2. Heat oil in a heavy pan.
3. Brown meat on all sides.
4. Add carrot, celery, turnip, green pepper, clove studded onion, and bay leaf to the pot.
5. Pour stock over top.
6. Season to taste.
7. Cover and bake 3 to 4 hours in a 300 degree oven.
8. Turn the meat several times during cooking.
9. Use pan drippings to make a gravy if desired.