

Classic Pot Roast

*Earle Braunhardt - Fort Pierce, FL
Scripps Treasure Coast Newspaper*

*3 - 5 pound rump roast OR bottom
round
1 cup burgundy
2 white onions, sliced
salt and pepper (to taste)
garlic powder
Adolph's Original tenderizer
1 - 2 tablespoons vegetable oil*

Trim the excess fat from the roast (be sure to leave some) and lightly sprinkle on the garlic powder and tenderizer. Rub in the spices and pierce the meat with a fork several times.

In a large, heavy kettle or Dutch oven over medium heat, add the vegetable oil and brown the meat well on all sides. Remove after browning and pour off the excess fat.

Place a trivet on the bottom of the kettle and make a bed of onions on top of the trivet.

Place the prepared roast on the onion and pour the burgundy over all. Cover and simmer for one hour.

Remove the cover and lightly coat with salt and pepper. Simmer for three hours or until fork tender, basting two to four times (adding water, if needed).

Remove the roast and tent with foil.

Make gravy from the drippings by adding a pre-mixed solution of cornstarch and water.

Slice and serve with your choice of vegetables.

Per Serving (excluding unknown items): 494 Calories; 28g Fat (70.5% calories from fat); 3g Protein; 23g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 3 1/2 Vegetable; 5 1/2 Fat.

Beef

