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# Pot Roast II

*Fran Ragusa*

*St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010*

**2 onions, sliced**  
**1/2 cup olive oil**  
**4 pounds rump or bottom round roast**  
**1 can (8 ounce) tomato sauce**  
**water**  
**2 bay leaves**  
**1/2 cup red wine**  
**2 tablespoons Gravy Master**  
**1 package carrots**  
**salt (to taste)**  
**pepper (to taste)**  
**1 package dry onion gravy mix**  
**1 or 2 cans small white potatoes**  
**1 small can peas**

In a pot, fry the onion until golden brown. Remove from the pot. Add the roast to the pot. Brown the roast and return the onion to the pot. Add the tomato sauce, water (fill the pot 3/4 full), bay leaves, wine, Gravy Master and carrots. Add the salt and pepper to taste.

Bring the pot to a boil. Lower the temperature and simmer for three to four hours. Remove the meat. Let stand.

Add the dry gravy mix and mix well. Add the potatoes and peas.

Slice the meat and serve with the vegetables and gravy.

## **Beef**

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*Per Serving (excluding unknown items): 1346 Calories; 109g Fat (75.1% calories from fat); 15g Protein; 67g Carbohydrate; 17g Dietary Fiber; 0mg Cholesterol; 1598mg Sodium. Exchanges: 1 1/2 Grain(Starch); 7 1/2 Vegetable; 21 1/2 Fat.*