

## Pot Roast

### Ingredients:

- 3-5 lb. Rump, Brisket or other solid piece of meat
- 2 large onions diced
- 1 cup boiling water
- 1  $\frac{1}{2}$  cup catsup
- 3  $\frac{1}{4}$  tbsp. Worcestershire or Soy Sauce      Salt  $\frac{1}{2}$  Pepper
- dash of Tabasco Sauce

### Method:

On top of the stove, brown meat in dry heated pot (do not use fat) It will make its own fat by putting fat side down first. When brown on all sides, remove from pan and brown onions. When onions are nice and brown add boiled water, catsup and sauce. Salt <sup>and pepper</sup> meat and put in boiling gravy. Cover pot and put in 325° oven for about 30 min. per lb. Turn once--meat is done when fork goes in easily. If at all possible cool meat and gravy so that meat can be sliced and heated in strained "defatted" gravy. (I do not use frozen gravy with pot roast as it is not too fatty.) *Cook the day before if possible*