

Pot Roast

2½-3 brisket (first cut) or rump roast

3 medium onions diced

1 cup boiled water

~~1/2~~ - 1/2 cup ketchup

1/4 cup soy sauce

1 tsp worcestershire sauce

oil if necessary

Brown meat in waterless cooker or heavy pot. Remove from pot and brown onions - a little oil may be

needed if meat is very lean.
When onions are browned add
the rest of ingredients to make a
gravy and return meat to pot.
Put covered pot in 325° heated
oven until tender, about $2\frac{1}{2}$ to
3 hours.

Put cooled gravy in blender
to make a nice smooth gravy. (I
like to make pot roast the day
before so the fat can be taken off
the gravy before blending. Slice meat
+ heat in gravy