

TRADITIONAL POT ROAST DINNER

9 to 10 servings

This is an easy meal to get ready for Sunday when everyone is going to be home, so it became our standard traditional Sunday roast. It all cooks in the same pot and there is hardly any mess to clean up. It takes less than 30 minutes of prep time and you never have to check on it while it's cooking. You can mix homemade rolls as the meat is roasting and have them ready to bake when the roast comes out of the oven.

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| 1/3 cup all-purpose flour | 1 cup beef broth |
| 1 teaspoon garlic powder or other favorite seasoning | 5 large carrots, peeled and quartered |
| 1 teaspoon salt | 5 red potatoes, scrubbed |
| 1 teaspoon ground black pepper | 1 large yellow onion, quartered |
| 1 (3½ to 4-pound) boneless chuck, rump, or shoulder roast | 2 sweet potatoes or yams, peeled and quartered |
| 2 tablespoons olive oil | |

1. Preheat the oven to 275 degrees.
2. Mix the flour, garlic powder, salt, and pepper, and rub on the meat.
3. In a Dutch oven or large pot, heat the oil over medium heat. Brown the meat on all sides; drain the fat. Add the broth; bring to a boil and boil about 1 minute. Remove the pot from the heat.
4. Add the carrots, red potatoes, onion, and sweet potatoes. Cover tightly with a lid or aluminum foil and place in the oven. Roast for 5 hours. (Alternatively, roast at 325 degrees for 3 hours; roasting at lower temperature for longer time produces more meat juices.)
5. Transfer the meat to a large platter and surround it with the vegetables. Cover with foil to keep warm. When ready to serve, slice the meat on a cutting board and return it to the platter.
6. Meanwhile, make **Pan Gravy for Pot Roast** on the next page. Transfer to a bowl or gravy dish and serve with the roast and vegetables.

Serve with a tossed green salad and **Liz's Crescent Dinner Rolls** (p. 234), **corn bread** (p. 241), or **Old-Fashioned Biscuits** (p. 240).

DO AHEAD

Start this dish at least 4 hours ahead of time, or up to 6 hours ahead of time to allow for roasting time—see step 4.

Variation: When you are hungry for mashed potatoes, exclude the potatoes from the roasting pot and make **Classic Mashed Potatoes** (p. 211).

Leftovers Tip: You can use up leftover roast beef the next night by cutting the meat into chunks and making more gravy, if necessary, from gravy mix. Add the meat to the hot gravy in a saucepan on top of the stove until heated through. Serve over mashed potatoes. Add a vegetable of your choice. You may also use leftover roast for French dip sandwiches.