

Pot Roast

Recipe by: the O'Connor clan

Servings: 5

Amount	Ingredient
2-3 pounds	roast, trimmed (can use beef or pork roast)
	flour
2-4	large potatoes, cut into large chunks
6-8	carrots, cut into large chunks
2	onions, cut into large chunks or chopped (whichever preferred for texture)
2 cups	beef broth
1/2 teaspoon	dried marjoram
1/2 teaspoon	dried basil
1/4 teaspoon	dried rosemary
1/4 teaspoon	dried thyme (or pinch powdered thyme)
1 teaspoon	garlic powder
pinch	pepper
dash	Worcestershire sauce

- preheat oven to 300
- dredge meat in flour; brown
- place meat in casserole pan or small roasting pan; add veggies
- combine broth, herbs, and Worcestershire sauce ; bring broth mixture to boil and pour over meat and veggies
- cover and cook for approximately 2-3 hours or until meat is fork tender
- *note*: the key to tender pot roast is a low temperature for a long cook time; figure anywhere from 275-325 for about an hour a pound to get a fork tender roast