



THE ART OF COOKING

ROAST

- 4-5 lb. Beef Roast
- 2 Tbsp. olive oil
- 2 Tbsp. butter
- Season as desired (Oregano, Sage, Pepper, Creole etc.)
- 2 chopped onions
- 2 chopped carrots
- 4 chopped medium potatoes
- 1-1 ½ cups of water

In Quart Dutch Oven, brown roast on all sides in oil and butter over medium heat. While roast is still browning, add onions, seasonings, potatoes and carrots. Carefully add water and cover with lid. Bake in oven at 350 degrees for approx. 2 hours or until meat is tender and falls apart.