



Garden Fresh Farm Recipes

Pot Roast with Beer

This is the king of comfort foods. When cooking, the pot roast gives the entire house that wonderful aroma of comfort. The beer tenderizes the roast as it cooks and is a great base for a pot roast gravy. I like to add a variety of vegetables, including Brussels sprouts and mushrooms. I like to season with a freshly picked rosemary and garlic.

Ingredients:

1/4 cup flour
1 teaspoon salt
1/4 teaspoon pepper
5 pound rump of beef
2 or 3 tablespoons fat or oil
2 onions, sliced, or 10-12 small white onions, peeled
1 can beer
Herbs and other seasonings as desired
Additional vegetables as desired (red potatoes, carrots, celery, garlic,



Directions:

Preheat oven to 325 degrees. Cook the pot roast low and slow.

Season the meat with salt and pepper, flour the meat and work the mixture into the meat with your hands.

Brown meat on all sides in the hot fat or oil on stovetop.

Add the onions and beer, cover and cook in oven for 3 1/2 - 5 hours, until meat is fork tender.

Add the carrots, herbs, seasonings, and desired vegetables and cook for the last 1 1/2 hours.