Pot Roast

written by The Recipe Exchange | January 28, 2014

Ingredients

2 Tbls. butter OR margarine
3 lbs. rump roast – trimmed of fat
2 stalks celery – chopped
1 lrg. onion – chopped
3 cloves garlic – minced
1/2 tsp. parsley flakes
1/2 Tbls. dried thyme
2 cups beef broth
20 whole peppercorns
1 whole bay leaf
1/2 Tbls. salt
2 carrots – sliced
2 potatoes – peeled, cubed
1/2 tsp. salt
1/3 cup all-purpose flour

Directions

Brown roast in butter in Dutch oven, then remove meat from Dutch oven. Sauté in celery, onion, garlic, parsley, and thyme in Dutch oven for 5 minutes, then return meat to Dutch oven. Add the beef broth, peppercorns, bay leaf, and salt to Dutch oven and bake in a 325 degree oven, covered, for 4 hours, basting every 1/2 hour.

Remove roast from Dutch oven. Strain stock into bowl; discard vegetables. Using 2 forks, shred roast into bite-size pieces. Pour reserved stock over beef in Dutch oven. Add carrots, potatoes, and salt to Dutch oven and bake in a 325 degree oven for 45 minutes.

Drain stock from Dutch oven and add enough beef broth to stock to make 3 cups. Whisk stock and flour together in saucepan and simmer until thick. Pour gravy over meat and vegetables.