

Oven Pot Roast

Anyone else have roast every Sunday? This oven roast was a typical Sunday lunch when Nana was growing up. Her mom would get up early Sunday morning to prepare the roast, then it would cook while they were at church. There was no time to bake, so if the preacher happened to preach too long, he was blamed for burning the roast.

Ingredients

- 1 chuck roast (3-4 pounds)
- 1 tablespoon Montreal steak seasoning
- 1 teaspoon granulated garlic
- 1 teaspoon granulated onion
- 1 teaspoon fajita seasoning
(More will be needed for vegetables.)
- flour for dredging
- oil for browning roast
- 1 onion
- 3-4 medium potatoes
- 1 pound carrots
- 2 cups beef broth



Gravy

- 3 cups drippings from roast with fat removed.
- 2 tablespoons cornstarch dissolved in 1/4 cup water.

Instructions

- ❖ Season each side of roast with Montreal steak seasoning, granulated garlic, granulated onion, and 1 teaspoon of fajita seasoning.
- ❖ Dredge roast in flour.
- ❖ Heat oil in a cast iron skillet over medium high heat. Brown roast on each side.
- ❖ Place roast in a 9x13.
- ❖ Slice onions 1/2-inch thick, sprinkle with fajita seasoning, then place on top of roast.
- ❖ Peel and cut potatoes into wedges, season with fajita seasoning, and place around roast.
- ❖ Peel and cut carrots into pieces, season with fajita seasoning, and place around roast.
- ❖ Pour beef broth over roast and vegetables. Cover with foil, then place in a 250-degree Fahrenheit oven for 4-5 hours until roast is tender and easy to cut.
- ❖ Remove from oven, and let the roast cool slightly. Move roast to a cutting board, then cut roast into pieces.
- ❖ Place potatoes, carrots, and onions around the roast.

Gravy

- ❖ Add roast drippings to a saucepan, and heat over medium high heat until boiling.
- ❖ Gradually add cornstarch mixture to boiling drippings. Continue adding corn starch mixture until gravy thickens.
- ❖ Gravy can either be poured over pot roast or served separately.