

\$75.00 Pot Roast

Beef for Pot Roast

3 medium-large spanish onions (yellow)

Spicy brown mustard

Small bottle catsup

1 tsp. paprika

Oil, Flour Salt and Pepper

Coat 1 side at a time with mustard and dredge in flour to which salt and pepper has been added. When all sides are coated, brown in oil in Dutch-Oven. While browning last side, add onion (quartered) and stir. When completely brown, add one bottle of catsup mixed with one bottle of water and paprika. Cover and bring to light boil. Lower heat and simmer till fork tender. Add carrots the last half hour. It makes its own Gravy. Bon Appetite!!