

Beef Pot Roast Recipe

Ingredients:	3 lb rump roast or pot roast 3 Tbsp vegetable oil 3 potatoes, peeled and halved 3 carrots, cut into 2' pieces 2 onions, halved 1 tsp salt 1/4 tsp pepper 1/2 cup water
Notes:	main course
Instructions:	Brown roast in oven on all sides in oil. Remove meat. Place half of vegetables in bottom of oven. Return meat to oven and season with salt and pepper. Add remaining vegetables and water. Cover and cook at 300 degrees for 3-5 hours depending on how well done you like it.
Ingredients:	3 lb rump roast or pot roast 3 Tbsp vegetable oil 3 potatoes, peeled and halved 3 carrots, cut into 2' pieces 2 onions, halved 1 tsp salt 1/4 tsp pepper 1/2 cup water