

Yankee Pot Roast

Chas Restivo
D.A.R.E Officer
#3 School

Ingredients:

Eye Round Roast Beef (whatever size fits best)
1 small tomato paste
1 medium Onion
To taste salt and pepper
Flour and water
1 lbs. Elbows, egg noodles, and mashed potatoes

Season Roast w/salt and pepper and sear in a large stock pot (cast iron if you have one). Sear entire roast, remove from pot. Chop onion and sauté in pan. Add can of tomato paste and brown with onion. Combine 2 heaping tbsp flour to approx 1 3/4 cups COLD water. Add to pot and incorporate with paste (scrape bottom of pot with spoon) bring to boil, place roast back in pot, cover tight and simmer on low heat until roast is cooked to desired temperature at least 45 min. When roast is near done prepare another flour and water mixture, and add for extra gravy. Season with salt and pepper to taste. (if more gravy is desired use 2 cans of paste and more flour and water). Let cook for at least 20 min and slice meat. Serve with elbows/ noodles/ potatoes.

