

Bavarian Pot Roast

Prep time: 15mins

Cook time: 3+ hours on stove top



Pari's Note:

Easy to prepare. We really enjoy the 'change of pace' found in the different flavors in Jewish cooking. This is one of those. Good for range-fed beef to take away the 'gamey' taste.

5 lbs rump or chuck roast

1 Tbsp cinnamon

1 1/2 cups apple juice

1 8oz can tomato sauce

1 Tbsp vinegar (I use Balsamic)

1 tsp salt

1 cup water

1 medium onion, minced (or 1 Tbsp instant onion)

Flour paste for thickening (optional)

Brown meat on all sides in a dutch oven. Combine remaining ingredients. Pour over meat. Cover and simmer for three hours or until meat is tender.

Thicken gravy with flour paste and serve over meat.