

# YANKEE POT ROAST

**1 lb beef pot roast (round bottom lean)**  
**Pinch salt, iodized and pepper**  
**1 tsp vegetable oil**  
**1 cup canned, diced tomatoes**  
**1 lb sliced frozen carrots**

**1/3 cup yellow onion, diced**  
**1 tsp parsley, dried flakes**  
**Pinch ground thyme**  
**1 cup water**  
**1 Tbsp flour**

Season meat with salt and pepper. Heat vegetable oil to 400 degrees F. Braise all sides of roast for 1 to 2 minutes each side. Put roast in large roasting pan. Cover with diced vegetables, seasonings and water. Set flour aside. Slow roast for 3 to 5 hours at 300 degrees F or until tender throughout. Remove from oven and let stand for 20 to 30 minutes before slicing. Cut into portions. Add flour to juices to make gravy. Cook until gravy thickens. Makes 6 servings.

