

Main Dishes

Beef

Lone Star Pot Roast

I like to make this roast on a Sunday and let the smell travel through the house. Try my Corn Fritters and the Orange Avocado Salad. For dessert, how about, Fried Mexican Ice Cream.

3 to 3-1/2 lbs. boneless beef chuck roast
2 Tbs. cooking oil

1 can (14-1/2 oz.) tomatoes with liquid;
cut up

1 can (4 oz.) chopped green chilies
2 Tbs. taco seasoning mix
2 tsp. beef bouillon granules
1 tsp. sugar

1/4 cup cold water
3 Tbs. all-purpose flour



In a Dutch oven, brown roast in oil.

Combine tomatoes, chilies, taco seasoning, bouillon and sugar; pour over the roast.

Cover and simmer 2 to 2-1/2 hours or until meat is tender.

Remove roast to a platter and keep warm.

For gravy, pour 2 cups pan juices into a saucepan.

Combine the cold water and flour; stir until smooth.

Add to juices; cook and stir over high heat until thickened and bubbly, about 3 minutes.

Slice roast. Serve with gravy.

Yield: 6 - 8 servings.