



RECIPE

Irish Grandma's Pot Roast - Mary Hooke

INGREDIENTS

- 1 - 4 lb pot roast (rump, shoulder or cross rib)
- 1 cup diced onion
- 1 cup diced celery
- 1 can low sodium beef broth.
- 3 TBS oil

DIRECTIONS

- In a deep skillet, brown meat on all sides in TBS oil over medium heat.
 - Remove meat and sauté onions and celery until browned.
 - Place meat in oven proof pot or slow cooker.
 - Add onions, celery, broth, season with salt and pepper, cover and cook at 375 for 3 to 5 hours until fork tender.
 - Remove roast and let rest while you use the dripping to make delicious gravy. Serve with potatoes and carrots.
- NOTE:* I use a Nesco cooker and just turn down the heat to simmer if the roast is done and it isn't dinner time yet. All cookers are different.

Great winter meal