

Grandma's Pot Roast

A Recipe from America's Cook Book (© 1938)
modified by realcoake.com for Pot Roast

Servings: 8

Cook Time 3 hours 30 minutes

Ingredients:

- 4 pound beef chuck roast
- 1/4 cup flour
- 2 teaspoons salt
- 1/8 teaspoon pepper
- 3 tablespoons olive oil
- Gravy

Directions:

1. Pat meat dry with a paper towel.
2. Place meat in flour, salt and pepper mix to coat.
2. Heat olive oil over medium high heat.
3. Sear meat on all sides.
4. Reduce heat to low.
5. Cover and cook on low for 3 hours turning meat every 15 minutes to avoid burning and cook uniformly.
6. Remove meat from pot and place on plate or cutting board. Tent the meat with foil. Let rest for 15 minutes.
7. Cut and serve with gravy.



A complimentary recipe for personal use only, from:
realcoake.com

<http://www.realcoake.com/2013/06/pot-roast-recipe.html>