

ROAST BEEF WITH POTATOES & CARROTS

INGREDIENTS

- Roast Beef (Medium size)
- 5** Onions (cut in quarters)
- 5 cloves** Garlic (whole)
- 3** Bay leaves
- 1/2 C** Vegetable stock
- 3** Potatoes (Yukon Gold) (cut into 1/8 ths)
- 4** Carrots (large) (peeled) (cut diagonally into 1 inch pieces)
- 2 T** Vinegar **OR** juice of 1 lemon
- 1 T** Sugar (brown)
- 1/2 C** Red wine
- 3 T** Ketchup **OR** BBQ sauce
- 1/2 C** Raisins



DIRECTIONS

- 1** In a wide pot, brown the roast beef & then brown the onions & garlic
- 2** Add bay leaves & 1/2 cup vegetable to cover the bottom of the pot
- 3** Cover & simmer (low heat) for 1 hour turning every 15 minutes
- 4** Add cut-up potatoes, carrots, vinegar or juice, brown sugar & the red wine
- 5** Cook for 1 hour & then add the ketchup & raisins
- 6** Cook for 1/2 hour or until definitely tender
- 7** When sauce cools, remove the fat & heat the roast beef before serving
- 8** Slice to individual portions

