

# Foster's Body & Paint

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## Caramelized-Onion Pot Roast

### Ingredients:

- 4 lb. beef arm, blade or cross rib pot roast
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 Tbsp. olive or vegetable oil
- 4 medium onions, sliced
- 1 cup beef broth
- 1/2 cup beer or apple juice
- 1 Tbsp. packed down brown sugar
- 2 Tbsp. Dijon mustard
- 1 Tbsp. cider vinegar

### Preparations:

- 1.) Heat over to 325 degrees. Spray ovenproof 4-quart Dutch oven with cooking spray; heat over medium-high heat. Cook beef in Dutch oven about 5 minutes, turning occasionally, until brown on all sides. Sprinkle with salt and pepper.
- 2.) Remove beef from Dutch oven. Reduce heat to medium. Add oil to Dutch oven. Cook onions in oil 12 to 14 minutes, stirring frequently, until brown. Stir in remaining ingredients. Place beef in Dutch oven; spoon onion mixture over beef.
- 3.) Cover and bake about 3 ½ hours or until beef is tender.
- 4.) Remove beef and onions from Dutch oven. Cut beef into thin slices. Skim fat from beef juices in Dutch oven if desired. Serve beef and onion with juices.



Makes 8 servings

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