

## MENU 17

### ROAST BEEF WITH VEGETABLES

To prepare roast in crockpot:

Place roast in crockpot and add 1 cup water and one small onion. Brush roast with Kitchen Bouquet. Cook on low all night. In the morning, add vegetables and continue cooking all day on low.

To prepare roast in oven:

Place roast in Dutch oven and add 2 cups water and one small onion. Brush roast with Kitchen Bouquet. Cover tightly and bake 2 1/2 to 3 hours at 350 degrees. Add vegetables and cook until vegetables are tender. Carrots and celery will take longer to cook than the potatoes. So put the carrots and celery in first and let them cook at least 30 minutes before adding the potatoes for another 30-45 minutes.

For vegetables, use:

1 - 1 1/2 potatoes per person  
1 carrot per person  
3-4 stalks of celery

For gravy, I usually just use the broth that comes off the roast. I don't add anything to it, but you can also make kettle gravy.

**Kettle gravy:** for each cup of broth you have, you need 2 tablespoons of flour. Pour broth off meat and measure it. Remove meat from pan and return broth to pan. Measure the amount of flour you need and place in jar with 1/2 cup cold water. Shake flour and water together until thoroughly blended (be sure the lid is on tight). For a smooth mixture, put water in jar first, and then add flour. Stir flour/water mixture into hot broth. Bring to boil. Boil one minute. Season with salt and pepper and serve. If you do not have very much broth or wish to have gravy that is creamy. Measure out some milk to the amount you want or need. Remember that the milk you use must also have flour for it (2 tablespoons of flour to each cup of liquid). Blend milk slowly and boil for one minute, stirring constantly.

SERVE WITH:

Brown and Serve Rolls

and

Pears