

Beef Pot Roast *Makes 8 servings, 3 ounces each*

½ cup onions, chopped

2 Tablespoons water

2½ lbs. beef chuck roast, boneless

2 cups hot water

1 cube beef bouillon

1½ cups chopped carrots

1½ cups chopped potatoes

2 Tablespoons orange juice

¼ teaspoon ground allspice

⅛ teaspoon pepper

1. Simmer onion until tender in 2 tablespoons water in heavy, deep skillet.
2. Add roast to skillet; brown on sides. Add chopped carrots and potatoes.
3. Combine beef bouillon cube with 2 cups hot water; stir until dissolved.
4. Combine orange juice, allspice, pepper, and beef broth. Pour over meat. Cover and simmer, about 2 hours.