

Grandma's Sunday Roast

A special family recipe that makes any day of the week a Sunday.

Makes 6 servings.

Ingredients:

3 to 4 Lb. Beef Rump Roast
3 Medium Onions, Quartered
1 Bay Leaf
1 tsp. Salt
1 tsp. Pepper
1 tsp. Minced Fresh Garlic
1 cup Water
8 oz Baby Peeled Carrots
6 Medium Potatoes, Quartered

Directions:

- ? Heat oven to 350 degrees F.
- ? Place roast on rack in roasting pan.
- ? Add remaining ingredients except water, carrots and potatoes.
- ? Pour water over roast.
- ? Cover; bake for 45 minutes.
- ? Uncover; arrange carrots and potatoes around meat.
- ? Baste with pan juices.
- ? Cover; bake, basting occasionally, for 60 to 70 minutes or until vegetables are fork tender and meat thermometer reaches 160 degrees F.
- ? Serve with pan juices.

Prep and Cook Time: 2 hours

Give Mom a Hug!