

Plain ol' Good Pot Roast

1 4 to 5 lb. beef roast (chuck, shoulder or arm)

Kosher salt and fresh ground pepper

1 tbsp. bacon grease or oil

1 onion, halved then sliced

3 to 4 cloves garlic, peeled and lightly crushed

2 bay leaves

Sprigs of thyme and rosemary

1 can (14.5 oz.) diced tomatoes

1/2 cup water

Preheat oven to 300F. In a large Dutch oven or other heavy bottomed pot, heat fat over medium high heat. Liberally sprinkle salt and pepper over all sides of the roast. Brown meat on each side, about 5 to 8 minutes. Remove the roast and set aside. Add onion and garlic, saute, stirring frequently until onion is tender.

Add the bay leaves and sprigs of thyme and rosemary. Lay the roast atop the onion, garlicks and herbs. Pour the tomatoes and water over the roast. Cover and place in the oven, cook for 5 to 6 hours or until roast is fork tender. When done remove the roast and set aside to rest. Dispose of the thyme and rosemary. Skim the fat off the top. Using a stick blender or food processor puree the mixture. If its too thick add water, if it's too thin put over a burner and cook to reduce it until desired consistency is reached.

Slice the roast beef and serve the sauce over it.