

Balsamic Seven Bone Pot Roast

Contributed by Jm Valera
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MMMmmmm.... meat! Masses and masses and mounds of yummy tender meat! After talking to Duane, I had a craving for beef and was amazed when the Megamart had a seven bone roast on sale. MMMmmmmmm..... meat!

Ingredients

5lb 7 Bone Roast
2 Tablespoons Salt
1/2 Tablespoon Cumin
3 Onions, chopped
1 Cup Balsamic Vinegar
1 Tablespoon Olive Oil
2 Cans Stewed Tomatoes

1 Tablespoon Corn Starch

Steps

- Sprinkle cumin and salt on both sides of roast.
- Preheat oven to 210 degrees.
- Brown roast in a large preheated oiled pan on high for 2-3 minutes on each side.
- Add 1 cup balsamic vinegar, stewed tomatoes, and chopped onions to pan.
- Place a loose fitting lid onto pan and bake for 4-5 hours until tender.
- Take pan out of the stove, pull meat out of pan and place pan on stove on medium. Continue to cook on for about 30 minutes until onions are to desired texture and tenderness.
- Hydrate corn starch and thicken sauce to make gravy.