



# Dutch Oven Roast Recipes

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## Braised Viennese Pork Roast

3 lb Boneless pork loin roast  
1/4 c Bacon drippings  
1 c Chopped onion  
1 c Chopped carrot  
1 ts Paprika  
3/4 c Chicken broth  
2 tb All-purpose flour  
1/2 c Dairy sour cream  
1/4 ts Caraway seed  
1 ts Chopped capers  
1 tb Snipped parsley

In Dutch oven, brown pork loin roast in bacon drippings; set aside. In remaining drippings, cook onion and carrot till tender but not brown. Stir in paprika. Lay roast atop vegetables; add chicken broth. Bake, covered, at 350 degree F for 1 to 2 hours, or till meat thermometer registers 170 . Remove roast; keep warm.

Strain pan drippings; discard vegetables. Measure pan drippings; skim off excess fat. Add water to drippings, if necessary, to measure 1 cups. Return to Dutch oven. Blend flour into sour cream; stir into liquid in pan. Cook and stir till thickened and bubbly. Stir in caraway seed, capers, and parsley. Serve with roast. Makes 6 servings.

## Lamb Roast with Bacon and Vegetables

1 Lamb roast 4-5 lb preferably the shank  
2 Minced cloves garlic  
4 oz Lean domestic bacon or chopped italian pancetta  
1 sl Medium onion  
2 Chopped finely carrots  
1 c Dry white wine  
1 cn (28-oz) italian style pureed tomatoes  
3 tb Chopped parsley and some for garnish

Trim the excess fat from the meat and season it well with salt and pepper. Sauté the bacon in Dutch oven until crisp, stirring occasionally. Remove the bacon with a slotted spoon. Either discard the fat and add a tablespoon of cooking oil to the pan or continue using the bacon fat and brown the lamb on all sides, turning with two wooden spoons. Remove the meat and brown the onion, carrots, celery and garlic. Return the lamb and bacon to the pan. Add wine and boil down 2-3 minutes. Add the parsley and tomatoes. Stir well. Cover and braise in a preheated 375 degree oven for about 2 1/2 hours, basting 2-3 times. Add water about halfway through if the pan dries out, scraping down the sides of the pan so the developing color goes into the sauce. When tender, remove the meat from the pan and let it stand 5 minutes in a warm place before slicing in thick slices. Meanwhile, tip the pan and remove the surface fat with a metal spoon. The sauce should be a good consistency, but if thin, strain and press the vegetable pulp through the sieve to help thicken the sauce. Serve the sliced lamb with a little sauce spooned over it and sprinkled with minced parsley. Serve the remaining sauce in a separate bowl.

## Fresh Pork Pot Roast with Dumplings

1/2 Fresh pork leg or shoulder; about 5 lbs.  
2 ts Salt  
1/2 ts Dried thyme  
1 lg Bay leaf; crushed  
Dumplings

Trim excess fat from the meat. Rub meat with mixture of salt, thyme and bayleaf. Refrigerate 2 hours.

Brown meat in the fat trimmings in Dutch oven. Add water to depth of 2". Cover, and simmer until well done (20 to 25 minutes per pound). Add more water if needed. Remove meat from pan; set aside, keeping it warm. Makes 6 to 8 servings.

GRAVY: Skim fat from drippings. Measure 3/4 c. drippings into pan; stir in 1/2 cup flour; cook until bubbly. Stir in 4 c. water to make thin gravy; season with salt and pepper; simmer about 5 minutes.

DUMPLINGS: sift together 1 1/2 c. sifted flour, 2 tsp. baking powder, 3/4 tsp. salt and 1/8 tsp. ground sage. Cut in 3 tblsp shortening. Combine 1 egg, slightly beaten, and 2/3 c. milk; stir in dry ingredients until all are moistened. Drop by spoonfuls into boiling gravy. Cover; cook 15 minutes without lifting the lid. Serve with sliced meat and gravy.

### Harvest Pork Roast

2 tb Vegetable oil  
4 lb Pork shoulder roast; tied  
1 cn Cream of mushroom soup  
1 Pouch dry onion soup mix 1 1/4 c Water  
1 ts Thyme leaves  
1 Bay leaf  
8 md Potatoes; quartered  
8 md Carrots; cut into 2 inch  
2 tb Flour

In 5 quart Dutch oven, heat oil and cook roast on all sides until browned; remove and set aside. Spoon off fat. In the same Dutch oven, combine soups, 1 cup of water, thyme and bay leaf. Heat to boiling, stirring occasionally. Return roast to Dutch oven, cover and bake at 350 degrees for 45 minutes. Turn roast. Add potatoes and carrots, cover and bake for 1 hour 45 minutes or until vegetables and roast are fork tender. Transfer roast and vegetables to platter, remove string. In a small bowl, stir together flour and remaining 1/4 cup water until smooth. In the Dutch oven, bring soup mixture to a boil, gradually stir in flour mixture and cook until it thickens; stir constantly. Remove bay leaf and serve gravy with the roast.

### Pork Roast with Fresh Apricot Sauce

1 Pork loin roast (4 to 5 pounds)  
1 Jar (10 ounces) apple jelly  
1 c Apple juice  
1/2 ts Ground cardamom  
2 tb Water  
1 1/2 tb Cornstarch  
5 Whole fresh apricots; or 3/4 cup chopped dried apricots (up to 6)

Place roast in deep 14-inch Dutch oven; cover with lid. Place over 12 to 15 glowing coals; place 36 to 40 coals on top of lid. Roast 1 1/2 hours. 2. Combine apple jelly, apple juice and cardamom in separate small Dutch oven or pan; cook and stir over heat of larger Dutch oven until heated through and smooth. Reserve 1/2 cup of sauce for later use. 3. Continue cooking roast until pork is done or until meat thermometer reads 160 to 170 degrees, 40 to 60 minutes longer, brushing roast with sauce every 20 minutes. 4. Meanwhile, combine water and cornstarch to make a smooth mixture; add reserved 1/2 cup fruit sauce. Cook and stir in small pan over medium heat until sauce boils and starts to thicken. Add apricots and cook until heated through, about 5 minutes. Transfer roast to lid or serving platter; serve with apricot sauce.

### 5-Ingredient Pot Roast

3 lb Beef chuck roast; boneless  
1 Envelope Onion-mushroom soup mix Mixed with 1 1/2 cups water  
1 cn Whole tomato; Undrained  
2 lg White turnips; peeled, Cut in 8 wedges  
3 lg Parsnips; peeled, Cut in pieces

Brown meat on all sides in a 4- to 5-qt Dutch oven. Add soup-and-water mixture and tomatoes. Bring to a boil, reduce heat, cover and simmer 1 1/2 hours, turning meat over once. Add vegetables. Simmer 40 minutes or until meat and vegetables are tender when pierced. Lift meat to cutting board. Cover loosely with foil and let it stand for 10 to 15 minutes. Slice meat across the grain. Serve with vegetables and gravy.

## American Style Pot Roast

1/4 c Oil  
4 lb Chuck roast  
1 c Chopped onion  
1 c Sliced celery  
2 Cloves garlic; minced  
3 c Beef broth  
1/4 c Ketchup  
1/2 ts Dried thyme leaves  
1 ts Salt  
1/4 c Cornstarch  
1/4 c Water  
6 md Potatoes (optional)  
4 Carrots (optional)

In Dutch oven or large kettle, heat oil over medium heat. Add meat. Brown on all sides. Add onion, celery, garlic, broth, ketchup, thyme, salt and pepper. Cover; bring to boil. Reduce heat and simmer 2-1/2 hours or until meat is tender. Remove meat to platter. Stir cornstarch and water until smooth. Add to liquid in Dutch oven. Bring to boil over medium heat, stirring constantly, and boil 1 minute. Serve gravy with roast. Vegetables may be cooked with roast in Dutch oven. After roast has simmered 2 hours, add potatoes, peeled and quartered, and carrots, peeled and cut into 2-inch pieces. Cover and simmer 1/2 hour.

## Apple Cider Pot Roast

2 tb Oil  
1 3 lb  
2 c Apple cider  
3 Onions, peeled -- cut in wedges  
2 Cloves garlic -- minced 2 1/4 ts Salt  
1/2 ts Pepper  
2 Bay leaves  
4 Carrots, sliced -- diagonally  
3 Potatoes, pared -- cubed  
1/2 Head cabbage -- in wedges  
2 c Small fresh mushrooms  
1 Green pepper -- in small squares  
3 Golden Delicious apples pared -- cored, cut in wedges  
1/2 c Water  
1/4 c Flour  
1 ts Kitchen Bouquet  
Pork roast

Heat oil in Dutch oven and brown pork on all sides. Pour off the fat. Add cider, onions, garlic, salt, pepper and bay leaves. Bring to boil, then cover and reduce heat. Cook for 1 1/2 hours, until meat is tender. Add carrots and potatoes and cook 15 minutes more. Add cabbage, mushrooms, green pepper and apples. Cook until all vegetables are tender 15-20 minutes. Remove meat and vegetables to a warm dish and keep warm while you make the gravy. Discard the bay leaves. Skim off the fat from the liquid. Reserve 1 3/4 cups of liquid. (add water if need to make up difference). Blend cold water with flour and stir into hot reserved liquid. Cook until thickened. Stir in Kitchen Bouquet. Adjust seasoning to taste.

## Basic Pot Roast

1 Boneless Chuck pot roast; neatly tied (4-pound)  
Salt and ground pepper  
2 tb Vegetable oil  
1 c Finely chopped onions  
1 c Finely chopped carrots  
1 c Finely chopped celery  
2 Bay leaves  
2 ts Thyme  
4 c Beef stock

4 tb All-purpose flour  
4 tb Butter; softened

Pat roast dry and season with salt and pepper. In a Dutch oven, heat the vegetable oil over moderately high heat until hot but not smoking. Add the roast and brown on all sides, about 15 minutes total. Transfer the roast to a plate and pour out all but 1 tablespoon of fat from the pan. Add the onions, carrots, and celery to the pan and cook over moderate heat, stirring until golden. Place the roast back in the pan along with the bay leaves, thyme, and enough of the beef stock to come up 2/3 of the way up the beef. Bring the pot roast to a simmer on top of the stove, skim, cover tightly, and set in the lower third of a 350 degree preheated oven. Regulate heat so that the liquid remains at a gentle simmer for 2 1/2 to 3 hours, until the beef is tender. Turn the roast over several times during its braising.

Transfer roast to a cutting board and let stand 10 minutes, covered with aluminum foil to keep warm. Skim off any fat from the surface of the liquid. Strain the liquid. To thicken the sauce slightly, bring the liquid to a boil. For each cup of liquid, stir together 1 tablespoon butter and 1 tablespoon flour. Whisk the butter mixture into the liquid. Simmer, stirring constantly, until thickened. Slice the pot roast and serve with the sauce and boiled new potatoes.

Yield: 8 servings

### **Basil Beef Roast**

3 lb Boneless chuck roast  
1 tb Vegetable oil  
1 tb Dried whole basil, crushed  
1 Small onion, ringed  
1/2 ts Garlic powder  
1/2 ts Pepper  
1 c Hot water

Brown roast on both sides in hot oil in a large Dutch oven. Sprinkle roast with basil, garlic powder, and pepper; top with onion. Add hot water. Bring to a boil; cover, reduce heat, and simmer 2 1/2 hours or until tender. Remove from pan drippings to serve.

### **Beef Pot Roast with Mushroom Soup Wine Gravy**

4 lb Beef round tip roast  
2 tb Cooking fat  
Salt  
Pepper  
1 md Onion; thinly sliced  
10 1/2 oz Cream of mushroom soup  
3/4 c Burgundy wine  
2 tb Finely chopped parsley  
1/8 ts Garlic powder  
1/4 c Flour; for gravy

In a Dutch oven, or large pan with a tight-fitting cover, brown meat in fat. Season with salt and pepper and remove from pan. Pour off fat drippings. Cook onion in drippings remaining in pan until soft but not browned; stir often. Add mushroom soup, wine, parsley, and garlic powder; mix well. Return meat to Dutch oven. Cover and simmer for 3 to 3 1/2 hours, or until done. (Or cook in a 325 degree F oven for same amount of time). Turn meat once to cook it evenly throughout. When done, remove meat and keep warm.

For 2 cups gravy, pour liquid from pan into a 2-cup measuring cup. Let stand for 1 minute to allow fat to come to top. Discard all but 4 tablespoons (or less) of fat. Add enough water (or other liquid) to measure 1 1/2 cups of liquid. Return to pan.

In same cup, measure 1/2 cup cold water and blend in flour. Add mixture slowly to liquid in pan. Bring to a boil, stirring constantly, and cook until thickened, about 3 minutes. Taste gravy and correct seasoning, if necessary, with salt and pepper.

Slice meat; serve gravy separately, or spoon over meat.

## Beef Roast with Mushroom Stuffing

### Roast

1/2 ts Salt  
1/4 ts White Pepper  
2 lb Flank Steak  
1 ts Mustard, Dijon Style

### Mushroom Stuffing

2 tb Vegetable Oil  
1 Onion, Small, Chopped  
4 oz Mushrooms, Fresh  
1/2 c Parsley, Chopped  
2 tb Chives, Chopped  
1 tb Tomato Paste  
1/2 c Bread Crumbs, Dried  
1/4 ts Salt  
1/4 ts Pepper  
1 ts Paprika

### Gravy

3 Bacon, Strips, Cubed  
2 Onions, Small, Fine Chopped  
1 c Beef Broth, Hot  
1 ts Mustard, Dijon Style  
2 tb Tomato Catsup

Lightly salt and pepper flank steak. Spread one side with mustard. To prepare stuffing, heat vegetable oil in a frypan, add onion and cook for 3 minutes, until lightly browned. Add mushroom pieces; cook for 5 minutes. Stir in parsley, chives, tomato paste, and bread crumbs. Season with salt and pepper and paprika. Spread stuffing on mustard side of the flank steak, roll up jelly-roll fashion and tie with thread or string. To prepare gravy, cook bacon in a Dutch oven until partially done. Add the meat roll and brown on all sides, approximately 10 minutes. Add onions and saute for 5 minutes. Pour in the beef broth, cover Dutch oven, and simmer for 1 hour. Remove meat to a preheated platter. Season pan juices with mustard. Salt and pepper to taste; stir in catsup. Serve the gravy separately.

## Belgian Pot Roast

1 1/2 lb Beef  
1/2 c Water  
1 ea Onions  
1 tb Sugar, brown  
1 ea Garlic cloves, crushed  
1 ts Salt  
1/4 ts Black pepper  
1/2 ts Sage  
3/4 c Beer  
1 tb Vinegar, wine

Simmer meat and water in Dutch oven for about 1 hour, covered. Then remove lid and allow water to boil away, so that meat ends up browning in its own fat. Adjust heat so that the meat juices that coat the pan do not burn. When meat is browned, remove from pan and reserve. Pour out fat.

Thinly slice onion and add to pan; sauté over gentle heat, scraping up browned particles. Add sugar and continue cooking until onions are a rich brown. Add garlic and sauté for a few seconds. Return meat to Dutch oven, and add salt, pepper, sage, and beer. (The Belgians would use a DARK full-bodied ale.) Simmer until meat is fork tender. Depending upon the cut, this will take a total time of 1-1/2 to 3 hours.

Add vinegar when cooked. Serve with rice, noodles or boiled potatoes. This braised dish will be improved by being made in advance and reheated.

## Cajun Pot Roast

3 lb Beef bottom round roast  
1 tb Salad oil  
2 Large celery stalks 14 1/2 oz Can tomatoes  
1 Clove garlic, minced  
Seasoning Mix (below)  
2 Medium onions  
1 Medium green bell pepper  
1 Bay leaf  
2 10 oz. pkg. frozen baby okra

Trim fat from beef roast. Prepare Seasoning Mix. Rub 2 1/2 tsp. Seasoning Mix, evenly, over roast; reserve remaining Seasoning Mix. In a 5 quart Dutch oven, over medium high heat, in hot salad oil, cook roast until well browned on all sides; remove to plate. Cut onions into wedges; slice celery, diagonally, into 1/2" pieces. Cut green bell pepper into 1" pieces. In drippings in Dutch oven over medium heat, cook vegetables until tender, covered, stirring occasionally. Stir in tomatoes with their liquid, bay leaf, garlic and remaining Seasoning Mix. Return roast to Dutch oven; over high heat, heat to boiling. Reduce heat to low; cover and simmer 2 to 2 1/2 hours until roast is fork tender, stirring mixture occasionally. About 10 minutes before roast is done, add frozen okra to mixture in Dutch oven; heat through. To serve, arrange meat and vegetables in a warm deep platter; discard bay leaf. Skim fat from liquid in Dutch oven. Serve liquid with meat and vegetables.

Seasoning Mix: In a cup, mix 1 1/2 tsp. salt, 1 tsp. paprika, 1 tsp. dry mustard, 1/2 tsp. dried thyme leaves, 1/2 tsp. ground red pepper and 1/2 tsp. black pepper.

## California Pot Roast

1 5 lb. chuck or rump roast  
1/4 ts Pepper  
1 cn Tomato sauce (8 oz.)  
3 Onions, med., sliced thin  
2 tb Brown sugar  
1/4 c Lemon juice  
3 tb Oil  
2 ts Salt  
1/2 c Water  
1 tb Worcestershire sauce  
2 Cloves garlic, minced  
1/2 ts Dry mustard  
1/4 c Vinegar  
1/4 c Catsup

Brown roast well on both sides in oil in heavy pan or Dutch oven. Add salt, pepper, water, onions, tomato sauce and garlic. Cover tightly and simmer over low heat about 1 1/2 hrs. Combine brn. sugar, mustard, lemon juice, vinegar, catsup and Worcestershire sauce. Pour over meat. Cover and continue cooking about 1 1/2 hrs. or until meat is fork tender. Remove meat to warm platter. Make gravy. Skim off fat. Measure broth. Add water to make 3 cups. Pour into cooking pan. Mix 6 tbs. flour with 1/2 c. water to make smooth paste, stir into broth. Return to heat and cook over low heat, stirring constantly, until gravy bubbles all over. Cook and stir about 5 minutes longer. Serve roast cut in thin slices with gravy, or shred meat and mix with gravy to serve on buns.

## Chili-Style Roast

4 lb Lean boneless round roast  
Vegetable cooking spray  
1/2 ts Salt -- optional  
1/8 ts Red pepper  
8 oz Can no-salt tomato sauce  
1/2 c -- water  
3/4 c Onion -- chopped  
1/2 c Green onions -- chopped  
20 ml Garlic -- minced

2 tb Chili powder  
1 ts Dried whole oregano

Trim excess fat from roast. Place over coals until hot. Add roast, and cook until browned on all sides. Sprinkle roast with salt and red pepper.

Combine tomato sauce and remaining ingredients in a small bowl, pour over roast. Cover, reduce heat, and simmer 2 to 2-1/2 hours or until roast is tender.

### **Chuck Roast in Red Wine**

1 4-lb boneless chuck roast  
1 tb Peanut or corn oil  
1 lg Onion; chopped roughly  
4 Carrots cut in 2-inch pieces  
4 Ribs celery; chopped  
1 Clove (large) garlic; chopped  
2 c Dry red wine  
1 c Beef broth  
1 Bay leaf  
4 Sprigs parsley  
2 Cloves  
2 White turnips; quartered  
1 tb Butter  
1/4 lb Fresh mushrooms

Sprinkle roast with salt & pepper. Brown in oil in Dutch oven for 15-20 minutes, turning often. Add chopped onion, half of carrots & celery, garlic, and stir briefly. Add wine, broth, bay leaf, thyme, parsley and cloves. Stir. Cover and bake at 400 for 1-1/2 hours. Reduce heat to 350 and bake another 30 minutes. Meanwhile, combine small onions, remaining carrots & celery in kettle of cold water to cover. Bring to boil. Simmer 2 minutes, drain. Heat butter in skillet & sauté parboiled vegetables with mushrooms until golden. Remove roast from oven. Strain cooking liquid. Return meat, vegetables and strained sauce to pot. Bake another 30 minutes.

### **Cola Roast**

1 ts Salt  
1/2 ts Garlic Powder  
3 tb Vegetable Oil  
12 oz Cola Flavored carbonated Beverage  
1/2 ts Pepper  
4 lb Bottom Round Roast  
12 oz Chili Sauce  
2 tb Hot Pepper Sauce  
2 tb Worcestershire Sauce

Preheat oven to about 325 degrees. In a small bowl, combine the salt, pepper, and garlic powder; rub over the surface of the roast. In a Dutch oven, heat the oil to hot and brown roast on both sides. Combine all the remaining ingredients; pour over roast. Cover and roast for 2 1/2 to 3 hours until tender.

### **Country Pot Roast with Vegetables**

1 3-lb boneless beef roast; trimmed  
Nonstick cooking spray 1 3/4 c Beef stock  
2 Onions; cut into wedges  
2 Cloves garlic; minced  
1 1/2 ts Dried basil; crushed  
1 Bay leaf  
2 Potatoes; cut into 2 inch pieces  
1 lb Baby carrots; trimmed  
1 lb Turnips; peeled and chopped

Heat a 4-quart Dutch oven which has been sprayed with nonstick spray over medium high heat. Cook roast 3 minutes per side or until browned. Drain and discard excess fat. Combine next 5 ingredients and salt and pepper to taste in a small mixing bowl. Pour over roast. Bring to a boil and reduce heat to very low. Cover and barely simmer 2 hours. Add potatoes, carrots, and turnips to Dutch oven. Cover and simmer 45 minutes, or until meat and vegetables are tender, adding additional stock or water if necessary. Discard bay leaf.

This recipe serves 4 people. Because this recipe is for a particular size pan, it adjusts the number of servings only in multiples of 4.

### Eye of Round Roast

1/2 c Flour  
1 ts Salt  
1/2 ts Pepper  
1 Eye of round roast; (2 to 3 lb)  
2 tb Vegetable oil  
1 ts Minced garlic  
1 cn Beef broth  
12 oz Dark beer

Combine flour, salt and pepper. Dredge roast in flour mixture. Heat oil in Dutch oven. Brown roast in hot oil, searing all sides. Add remaining ingredients and bring to a boil. Cover, reduce heat and simmer until tender, about 1 1/2 hours.

### Favorite Pot Roast

4 lb Beef chuck shoulder pot roast, boneless  
2 tb Cooking fat  
Salt  
Pepper 10 3/4 oz Condensed tomato soup  
1/2 c Chili sauce  
1/4 c Dry sherry wine  
1 pk Onion soup mix  
2 md Potatoes; pared, quartered  
4 lg Carrots; cut in half length

In a Dutch oven, brown meat in fat. Season with salt and pepper and remove from pan. Pour off fat drippings. Add tomato soup, chili sauce, sherry, and onion soup mix. Return meat to Dutch oven. Cover and simmer 2 1/2 to 3 1/2 hours, or until done. Turn meat once to cook it evenly throughout. Add potatoes and carrots during the last 35 minutes of cooking. If sauce is too thin, remove meat and vegetables to a platter and keep warm. Skim off any excess fat.

Mix 2 tablespoons flour in 1/3 cup cold water. Add mixture slowly to sauce. Bring to a boil, stirring constantly, and cook until thickened, about 3 minutes. Taste sauce and correct seasoning, if necessary, with salt and pepper.

Slice meat and serve with vegetables and sauce.

### Garlic Pot Roast

1 Boneless (4-pound) beef rump roast  
2 tb All-purpose flour  
1 ts Seasoned salt  
1 1/2 ts Pepper  
3 tb Garlic spread\*  
3 tb Vegetable oil  
2 c Water  
2 ts Worcestershire sauce  
3 md Carrots, cut into 1/2-inch pieces  
3 md Potatoes, quartered  
3 md Onions, cut into wedges  
All-purpose flour

\* Garlic spread can often be found in your supermarket's condiment section.

Trim excess fat from roast. Stir together 2 tablespoons flour, salt, and pepper; rub on roast. Heat garlic spread and oil in a large Dutch oven over medium-high heat; add roast, and brown on all sides. Add 2 cups water and Worcestershire sauce. Bring to a boil; cover, reduce heat to medium, and simmer 1-1/2 hours.

Add vegetables; cover and simmer 1 hour or until roast is tender and vegetables are done. Remove roast and vegetables with a slotted spoon. Measure drippings, and return to Dutch oven. Whisk together 1 tablespoon flour and 2 tablespoons water for each cup of drippings; whisk in-to drippings in Dutch oven. Cook over medium heat, whisking constantly, until thick and bubbly. Serve with roast.

### **Gourmet Pot Roast**

1 Beef pot roast; (3 to 4-pound)  
1 tb Olive oil  
3 Pieces celery; (4-inch)  
1 lg Carrot; cut in chunks  
1 lg Onion; quartered  
1/2 ts Rosemary  
1/2 ts Thyme  
1 sl Bacon; cut in 5-6 pieces  
1/3 c Burgundy wine  
1/2 c Water  
2 Bay leaves  
1 1/2 ts Salt  
1/4 ts Pepper  
1 ts Flour

In Dutch oven, brown roast in oil. In skillet or saucepan cook celery, carrot, onion, rosemary, thyme and bacon pieces, stirring constantly and until onion is golden. Add to meat. Add wine, water, bay leaves, salt and pepper. Cover and simmer 2 1/2 hours. Thicken liquid with flour blended with a little cold water or wine. Cook 30 minutes longer. Strain liquid, discarding vegetables and bay leaves. Serve gravy with sliced roast.

### **Indian Pot Roast**

1 4 lb. pot roast  
2 Cloves garlic  
Flour  
12 Whole peppercorns  
1 Bay leaf  
1/2 c Good rum, or dry red wine  
4 tb Butter  
Salt  
1 lg Onion, sliced  
12 Whole allspice  
1 tb Grated horseradish  
1/2 c Water  
1 Recipe your dumplings  
Small whole carrots OR large carrots, quartered

Use this recipe for either regular meat or venison. Mash garlic and sauté in butter. Salt meat and flour. Brown well on all sides in butter. Lay meat on bed of this sliced onion in large Dutch oven. Add the butter, spices and seasonings. Pour rum or wine over meat. A good pot roast will supply most of its own juices, but pour the water over to make an ample supply of gravy. Cover tightly and simmer 3-4 hrs, either in oven or on the stove top. If carrots are wanted, add during last 1/2 hr. of cooking. Add dumplings last 12 minutes. When roast is done, remove to a hot round platter and surround with dumplings and carrots. Stir gravy until smooth. Pour over roast. If fresh dill is available, cut it over dish with lavish hand.

## Hunter Style Beef Roast

2 lb Beef roast; up to 3  
1 lg Yellow onion; diced 3/4"  
2 c Beef broth  
1 lg Jar spaghetti sauce  
1/2 Red bell pepper; diced  
1/2 Yellow bell pepper; diced  
3 Cloves garlic; minced  
Salt and pepper to taste  
1 tb Fennel seeds

In a Dutch oven, combine the roast, onion and beef broth. Cover and bake in a 325 degree oven for 3 hours, or until beef falls into shreds when pressed with a fork. Reduce heat until a slow simmer. Add spaghetti sauce, peppers, garlic and fennel seeds. Be sure there is enough liquid to keep the beef moist. Mix all well and simmer, covered for 30 minutes. Serve immediately over home-style noodles, or alone.

## Lone Star Pot Roast

3-3 1/2 lbs.  
2 tb Cooking oil  
Boneless beef chuck roast  
14 1/2 oz Can tomatoes with liquid cut up  
4 oz Can chopped green chilies  
2 tb Taco seasoning mix  
2 tb Beef bouillon granules  
1 ts Sugar  
1/4 c Cold water  
3 tb Flour

In a Dutch oven, brown roast in oil. Combine tomatoes, chilies, taco seasoning, bouillon and sugar; pour over the roast. Cover and simmer 2 to 2 1/2 hours or until meat is tender. Remove roast to a platter and keep warm. For gravy, pour 2 cups pan juices into a saucepan. Combine the cold water and flour; stir until smooth. Add to juices; cook and stir over high heat until thickened and bubbly, about 3 minutes. Slice roast. Serve with gravy.

## Old Fashioned Pot Roast

3 lb Boneless pot roast (to 3.5) - rump, chuck or round  
1 Envelope Lipton Recipe - Secrets onion soup mix 2 1/4 c ;Water

In Dutch oven, brown roast over medium heat. Add onion soup mix blended with water. Simmer, covered, turning occasionally, for 2 1/2 hours or until tender. If desired, thicken gravy.

Also good with their beefy onion and onion-mushroom soup mixes.

## Savory Pot Roast

6 lb Beef round rump roast boneless  
2 tb Cooking fat  
Salt  
Pepper  
1/2 c Onion; chopped  
10 1/2 oz Condensed bouillon undiluted  
1/2 c Catsup  
1/4 c Flour; for gravy

In a Dutch oven, brown meat in fat. Season with salt and pepper and remove from pan. Pour off fat drippings. Cook onion in drippings remaining in pan until soft but not browned; stir often. Add bouillon and catsup; mix well. Return meat to pan. Cover and simmer for 3 1/2 to 4 hours, or until done. (Or cook in a 325F oven for same amount of time.) Turn meat once to cook it evenly throughout. When done, remove meat and keep warm. For 2 cups of gravy, pour

liquid from pan into a 2-cup measuring cup. Let stand for 1 minute to allow fat to come to top. Discard all but 4 Tablespoons (or less) of fat. Add enough water (or other liquid) to measure 1 1/2 cups of liquid. Return to pan. In same cup, measure 1/2 cup cold water and blend in flour. Add mixture slowly to liquid in pan. Bring to a boil, stirring constantly, and cook until thickened, about 3 minutes. Taste gravy and correct seasoning, if necessary, with salt and pepper. Slice meat; serve gravy separately, or spoon over meat.

### **Sage Pot Roast**

1 Lean boneless beef chuck (5 lb) roast  
1 tb Cooking oil  
1 1/2 ts Rubbed dried sage  
1/2 ts Salt substitute  
1/4 ts Pepper  
1 c Low sodium beef broth  
6 Red potatoes, cut in half  
4 Carrots, cut into 2" pieces  
2 Onions, quartered  
5 ts Cornstarch  
1/4 c Water

In a Dutch oven, brown roast on both sides in oil. Season with sage, salt and pepper. Add beef broth. Cover and bake at 325 degrees f for 2 1/2 hours. Add potatoes, carrots and onions. Cover and bake 1 hour longer or until meat is tender and vegetables are cooked. Remove roast and vegetables to a serving platter and keep warm. Combine cornstarch and water; stir into pan juices. Cook until thickened and bubbly.

### **Pot Roast, Mexican Style**

5 lb Beef chuck cross rib pot roast  
2 tb Flour  
1 ts Salt  
1/8 ts Pepper  
1 ts Paprika  
2 tb Cooking fat  
1 lg Onion; thinly sliced  
8 oz Tomato sauce  
8 oz Water  
1/2 c Catsup  
1 tb Brown sugar  
1 tb Chili powder; or to taste  
2 tb Vinegar  
1 tb Worcestershire sauce  
1 lb Baby lima beans; or  
1 lb -corn; drained

Combine flour, salt, pepper, and paprika; rub into meat. In a Dutch oven, brown meat in fat. Remove from pan and pour off fat drippings. 2. Cook onion in drippings remaining in pan until soft but not browned; stir often. 3. Add tomato sauce, water, catsup, brown sugar, chili powder, vinegar, and Worcestershire sauce; mix well. 4. Return meat to pan. Cover and simmer for 3 to 3 1/2 hours, or until done. (Or cook in a 325F oven for same amount of time.) 5. Turn meat once to cook it evenly throughout. Add lima beans (or corn), during the last 15 minutes of cooking. When meat is done, remove and keep warm. 6. Skim off any excess fat. Taste sauce and correct seasoning, if necessary, with salt and pepper. 7. Slice meat and serve with sauce and vegetables.

### **Swedish Pot Roast**

2 ts Salt  
1 ts Allspice, ground  
1/2 ts Pepper  
3 lb Roast, chuck or arm  
3 tb Butter (or marg.); melted  
3 tb Brandy  
2 md Onions; sliced  
1/3 c Bouillon, beef; hot

2 tb Vinegar  
2 tb Molasses  
3 Anchovy fillets; minced  
2 Bay leaves  
1/4 c Flour, all-purpose  
1/2 c Water

Combine salt, allspice, and pepper; rub over surface of roast.

Brown roast on all sides in butter in a Dutch oven. Remove oven from heat; let stand 3 to 4 minutes or until pan drippings stop sizzling. Pour brandy over roast, and carefully ignite. Allow flames to die down.

Place onion on top of roast. Combine remaining ingredients except flour and water; pour over roast. Return oven to heat; cover and simmer 2 hours or until roast is tender.

Remove roast to platter; reserve pan drippings. Combine flour and water; stir until smooth. Pour flour mixture into pan drippings; cook, stirring constantly, until thickened and bubbly. Serve gravy with roast.

### Supreme Pot Roast

4 lb Beef round tip roast  
2 tb Cooking fat  
Salt  
Pepper  
1/2 c Onion; chopped  
10 1/2 oz Condensed golden mushroom soup  
1/4 c Water  
2 tb Dry sherry wine  
8 sm Carrots; scraped  
2 md Potatoes; pared and quartered

In a Dutch oven, brown meat in fat. Season with salt and pepper and remove from pan. Pour off fat drippings. 2. Cook onion in drippings remaining in pan until soft but not browned; stir often. 3. Add soup, water, and wine; mix well. Return meat to pan. 4. Cover and simmer for 3 to 3 1/2 hours, or until done. (Or cook in a 325F oven for same amount of time.) Turn meat once to cook it evenly throughout. 5. Add carrots and potatoes during the last 35 minutes of cooking. 6. Skim off any excess fat. Taste sauce and correct seasoning, if necessary, with salt and pepper. 7. Slice meat and serve with vegetables and sauce.

### Tri-tip Beef Roast

2 tb Shortening or Peanut Oil  
Salt and Pepper 2 1/2 lb Tri-Tip Beef Roast  
6 md Carrots -- peeled & parboiled  
8 md New Potatoes -- parboiled  
1 tb Dried Rosemary; crumbled -- OR 2 tb Fresh Rosemary  
2 md Onions -- peeled and sliced  
3/4 c Water

Heat fat in Dutch oven with lid. Liberally salt and pepper both sides of meat and brown in hot fat on both sides until colored a deep mahogany. Add carrots and potatoes and sprinkle with rosemary, salt and pepper. Add onion slices and water. Reduce heat to simmer. Cook, covered, 30 minutes. Check for doneness by cutting into thickest part of roast. It usually takes 35 to 45 minutes for medium rare. Don't overcook. Remember that meat continues to cook a little after it is removed from stove. Arrange meat and vegetables on platter and serve ho

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