

Wheel-View Farm Cider-Syrup Pot Roast

from In Our Grandmothers' Kitchens and Wheel-View Farm

Ingredients:

3 to 4 pounds beef roast (I used chuck)
1 teaspoon garlic powder
1 teaspoon onion powder (I used 1/2 cup finely chopped onion; I didn't have onion powder)
1 tablespoon dry mustard
1-1/2 teaspoons salt
1 dash nutmeg
pepper to taste (3/4 teaspoon to 2 teaspoons)
1/2 cup catsup
2 teaspoons Worcestershire sauce
1/2 cup cider syrup or cider-maple syrup

Instructions:

Place the roast in a slow cooker. Combine the remaining ingredients and spread them on top of the beef. Cook for 6 to 8 hours on high. There is no need to add water; the roast makes its own gravy. You may also cook it on high for 1/2 hour and then let the beef cook overnight on low.

If you don't have a slow cooker, place the beef in a covered pan and spread the sauce on top; then place it in a preheated 500-degree oven. After 20 minutes, reduce the heat to 250 degrees and cook for several hours or overnight.

When the beef has finished cooking, remove it from the pot, cut it up if necessary (it mostly just falls apart), and return it to the sauce.

Serves 6 to 8.