

## Southern Pot Roast

Courtesy of Carole's Creations

Prep Time: 25 minutes

Cooking Time: 15 on the stove and  
8 hours, slow cooked

Serves: 6

**CChints:** The roast is cooked with southern vegetables like turnips and turnip greens. When you buy your meat, as a general rule, figure 1/3 to 1/2 pound of meat per person minus the weight of the bone and fat. I like a 7-bone roast also known as a pot roast, because the bone adds flavor or moisture.



- 1 Tablespoon olive oil or bacon grease
- 3 pound 7-bone roast
- 1/4 cup wheat or white flour
- 2 teaspoons kosher salt, divided
- 1 teaspoon freshly ground black pepper, divided
- 16 ounce bag prewashed turnip greens
- 1 pound turnips, peeled and cut into large pieces
- 2 large yellow onions, cut into several wedges
- 2 tablespoons tomato paste
- 1/2 cup dry red wine
- 14 ounce can low sodium beef broth
- 3 gloves minced garlic, fresh or from a jar
- 1 Tablespoon fresh thyme or 1 teaspoons dry thyme
- 1 Tablespoon chopped fresh oregano or 1 teaspoon dry oregano
- 8 ounce container of sliced baby portabella mushrooms
- 2 bay leaves

Heat 1 tablespoon of oil or bacon grease in a large cast iron or other skillet over medium-high heat. Sprinkle one side of the meat with 1/2 teaspoon salt and 1/4 teaspoon pepper. Then sprinkle with half the flour and lay flour side down in the skillet. Sprinkle the top side of the meat with 1/2 teaspoon salt and 1/4 teaspoon pepper and the rest of the flour. Cook for 5 minutes until brown and turn over for another 5 minutes.

Get out your slow cooker and get it ready. Add the turnip greens and half the turnips and onions to the slow cooker and turn it on low. It will be very full but the greens will wilt during the cooking time. When the meat is browned, lay it onto of the greens.

Reduce the heat in the pan and add the tomato paste and carefully pour in half the wine, stirring constantly for 30 seconds to with the 2 ingredients and scrape up the brown bits from the pan. Stir in the remaining wine and broth and bring to a boil for 1 minute. Stir in the garlic and herbs and carefully pour the mixture into the slow cooker.

Add the turnips around the meat and add the onions and mushrooms. Sprinkle with 1 teaspoon and 1/2 teaspoon pepper. Push the 2 bay leaves down in the sauce, cover and cook on low for 8 hours until the meat is tender.

Remove the meat to a serving platter and cut into serving size pieces and through away the bone. Transfer the vegetables to a serving bowl and spoon the sauce into a gravy boat.

Enjoy, you all!