POT ROAST

Approximately 6 lbs. brisket of beef, flat cut
Approximately 3 tablespoons vegetable oil
2 medium yellow onions, chopped
1/3 cup Heinz Ketchup
1 cup flour seasoned with 1/2 teaspoon salt and 1/2 teaspoon pepper
1 cup dry red wine
1 cup spicy V8 or tomato juice

1 tablespoon olive oil
2 lbs Portobello mushroom caps cut into thick slices; each slice cut in 1/2s or 1/3s
2 boxes frozen baby lima beans, optional

1. Preheat oven to 350 degrees.

2. In a small bowl, mix onions and ketchup.

3. Trim excess fat off brisket, and roll brisket in seasoned flour.

4. Place vegetable oil in heavy Dutch oven large enough to hold brisket, and heat on stove. Brown brisket on all sides, and remove to a platter.

5. Place onions and ketchup mixture in Dutch oven until onions are soft and starting to brown. Return brisket to Dutch oven. Add wine, juice. Bring to boil.

6. Cover Dutch oven with lid and place in oven. Bake until brisket is soft, approximately 2-21/2 hours. Remove from oven and cool.

7. Meanwhile, heat olive oil in a large frying pan. Sauté the mushrooms until they just begin to brown. Remove from heat before they are fully cooked and begin to give up their juices.

8. When brisket is cool, slice across the grain in thin pieces. Trim fat as necessary. Reduce gravy (boil down until somewhat thickened to concentrate flavor) if you wish. Return meat to gravy and correct seasoning. Add mushrooms.


NOTE: The flavor of pot roast improves for a couple of days after cooking. Plan to make it 1-2 days before you serve it.