

Dutch Oven Pot Roast

**RUMP ROAST (MUST BE LABELED RUMP NOT
BOTTOM ROUND)**

2 TBSP. WHITE LILY ALL-PURPOSE FLOUR
1 TSP. SALT
1/2 TSP. BLACK PEPPER

Preheat a Dutch oven. Combine flour, salt and pepper and rub roast well on all sides. Add 1/4 cup shortening or cooking oil to Dutch oven. Brown all sides well.

**1/4 TSP. HOT SAUCE (I USE SRIRACHA CHILI SAUCE OR
TOBASCO)**
1 CAN PETITE DICED TOMATOES
1/2 TSP. WEBER STEAK-N-CHOP
1 ONION SLICED THIN
2 TSP. THYME
1/2 CUP WATER
REMAINING FLOUR RUB

Add hot sauce, tomatoes, steak seasoning, onion, thyme, water, and remaining flour rub.

Stovetop directions:

Simmer on low for 1.5 hours with lid on. Turn roast and simmer for 2 more hours. Slice across grain. Ingredients make a sauce in bottom of pot to serve over meat.

Oven directions: Use a meat thermometer and cook at 325 degrees until desired temperature is reached. Remove from oven. Slice across grain.

“The trick to cooking a great tender roast is not to boil the meat. Cook all roasts on a low temperature.” -Tammy