

Chuck Roast with Homemade Noodles

- 1 (3 pound) boneless beef chuck roast
- 1/2 cup chopped onion
- 2 tablespoons vegetable oil
- 2 1/2 cups water, divided
- 1 cup all-purpose flour
- 1/2 teaspoon salt
- 1 egg
- 2 tablespoons milk
- 1 (14 ounce) can beef broth
- pepper to taste



Directions

- In a Dutch oven, brown roast and onion in oil. Add 1/2 cup of water. Cover and bake at 325 degrees F for 2-1/2 to 3 hours or until the meat is tender.
- Meanwhile, for noodles, combine flour and salt in a bowl; make a well in the center. beat egg and milk; pour into well. Stir to form a stiff dough. Turn onto a well-floured surface; roll into a 15-in. x 12-in. rectangle. cut into 1/8-in. strips. Cover and refrigerate until ready to cook. Remove roast and keep warm; add broth and remaining water to pan. Bring to a boil; add noodles. Cook for 8-10 minute or until tender. Drain; season with pepper. Serve with the roast.

Bottom Round Roast with Onion Gravy

Ingredients

- 6 onions, sliced
- 1 (4 pound) bottom round roast
- salt and pepper to taste
- 1 bay leaf
- 1 tablespoon white vinegar
- 1 tablespoon all-purpose flour
- 1 cup water



Directions

- Place sliced onions in the bottom of a Dutch oven or stock pot. Season the roast with salt and pepper, and place on top of the onions. Add the vinegar and bay leaf to the pan, and heat over high heat to get it simmering. Reduce heat to low, cover, and simmer for 3 to 4 hours. Try not to take the lid off while cooking.
- When the roast is done, remove it from the pan to a serving platter. Mix the flour into the water, and pour into the drippings from the roast. Simmer over medium heat, stirring frequently until thickened. Carve roast, and serve with the pan gravy.

Rump Roast Au Jus

Ingredients

- 1 tablespoon ground black pepper
- 1 tablespoon paprika
- 2 teaspoons chili powder
- 1/2 teaspoon celery salt
- 1/2 teaspoon ground cayenne pepper
- 1/2 teaspoon garlic powder
- 1/4 teaspoon mustard powder
- 1 (4 pound) rump roast
- 1/2 cup water



Directions

- In a small bowl, mix together black pepper, paprika, chili powder, celery salt, cayenne pepper, garlic powder, and mustard powder. Rub mixture over the surface of the meat. Place roast in a slow cooker, and add 1/2 cup water.
- Cover, and cook on Low for 8 to 10 hours. When meat is tender and well done, transfer roast to a serving platter. Skim fat from juices, and strain; serve with meat.

High Temperature Eye-of-Round Roast

Ingredients

- 1 (3 pound) beef eye of round roast
- salt and pepper to taste

Directions

- Preheat the oven to 500 degrees F (260 degrees C). Season the roast with salt and pepper and place in a roasting pan or baking dish. Do not cover or add water.
- Place the roast in the preheated oven. Reduce the temperature to 475 degrees F (245 degrees C). Roast for 21 minutes (seven minutes per pound) then turn off the oven and let the roast sit in the hot oven for 2 1/2 hours. Do not open the door at all during this time!
- Remove the roast from the oven, the internal temperature should have reached at least 145 degrees F (65 degrees C). Carve into thin slices to serve.

