



Donna's Mom's Pot Roast (Submitted by Donna Tantillo)

Donna's mother, Rene (Rossetto) Essad was born and raised in Weed, CA. Her parents, Antonio Rossetto and Amalia (Silvestro) Rossetto were from Cavaso de Tomba near Venice.

Ingredients:

2½ - 3 pound pot roast (rump roast)
¼ cup of flour
1 teaspoon each of garlic powder, onion powder and Italian seasoning
Salt and pepper to taste
1 tablespoon olive oil
1 tablespoon vegetable oil
1 8-ounce can of tomato sauce
1 whole yellow onion peeled and pierced with 15-20 whole cloves
3 ounces of red wine
4 ounces of water
2 - 3 potatoes peeled and quartered
2 - 3 carrots (optional)

Preparation:

Mix together the flour, garlic powder, onion powder, Italian seasoning, salt and pepper. Coat the pot roast with the flour mixture.

In a Dutch oven, heat the oils and brown the coated pot roast on all sides over medium heat for about 10-15 minutes, to get a nice crust on all sides.

Take roast out of Dutch oven and drain off fat. Sirt together in the Dutch oven the tomato sauce, wine and water. Place roast back into Dutch oven and coat with sauce. Add the whole onion and vegetables.

Cover and simmer on low 45 - 60 minutes. Add water, tomato sauce or wine (or all three) if needed to keep roast at least half covered throughout the cooking time.

