

The Joy of Jewish Cooking

Cranberry Beef Roast



DIRECTIONS

If searing, dry the meat. Season with salt, pepper, garlic powder and rub into meat. Brown in a pan on high heat with about 2 Tablespoons of olive oil until it looks crusty on all sides.

Spread onion soup mix on the bottom of the crockpot, put the meat (seared or not) on top of the soup mix. Top the meat with the cranberries. Add bay leaf and carrots. NOTE: You may think you will need to add water to cover the meat. Resist the urge. This usually will produce enough liquid. If you feel you must, just add about ¼ cup)

Cook on low heat for 4-6 hours until meat falls apart with a fork. Salt and pepper to taste.

If you want to add veggies, do it about 2 hours before you estimate the meat will be done. I usually do it at the 3-4 hour mark. If you do it at the beginning, they will be too mushy.

Serve noodles (after Passover, of course). Rice is OK too, but we all like the noodles better.

Remove liquid from the pot and serve as gravy.

I've never had to do this, but, if the gravy seems too thin, add some corn starch or flour to thicken.

This is a great recipe. I have cooked this for decades and it is a popular request for family gatherings.

The best part is that it's easy, flexible, and forgiving. It can be cooked in a crockpot (my choice) or a stovetop; with a roast, or brisket, or cut up in stew meat; by itself or dragged through the garden (adding veggies to the pot). It can be doubled or halved. You can sear it in oil first to get a crust, or just put it in the pot (Once I forgot to get the meat ready and used a frozen roast). Just cook it long enough and it will be delicious

Lynn Walters

Ingredients

3-5 pound roast

1 package of dry onion soup mix

1 can of whole berry cranberry sauce

4 ounces baby carrots (or chopped up adult carrots) or more if you like cooked carrots

1 bay leaf

Optional

Mushrooms

Chunks of baking potatoes or whole red potatoes

Chunks of yellow/white onions or whole pearl onions

Sliced stalk of celery (plus leaves)