

Featuring Tennessee Gourmet® Products

© 2004

Deb's Beef

1 2lb pot roast
1 cup water
1/2 cup soy sauce (we prefer Kikkoman)
2 tablespoons fresh minced garlic
3/4 cup finely chopped onions
1 teaspoon black pepper
1 lb baby carrots
1 1/2 cups Tennessee Gourmet® Apple & Spice (your choice of flavor)
2 tablespoons cornstarch
3 tablespoons oil

In a large heavy skillet, heat three tablespoons of oil over medium high heat. Sear roast on all sides, about two minutes per side or until nicely browned.

Combine sauces, water, pepper and garlic in bowl and pour over roast beef in crock-pot. Place baby carrots and onions around roast beef and cook on low 8 hours.

Remove meat and carrots and thicken sauce with cornstarch to make the gravy. The apple cinnamon taste with a bit of soy sauce and garlic is a treat on the roast beef and carrots!

Recipe provided by our new friend Debra Adams, please visit her web site at

<http://www.bellaonline.com/site/holidayandseasonalcooking>