





Classic Beef Pot Roast

Now this is a crave-worthy dinner. Tender beef pot roast cooked low and slow with carrots and potatoes. This is as classic as it gets.

INGREDIENTS

- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)



			
3.33	8	42 Cal	29g
Hours	Servings		Protein

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

1/2 cup all-purpose flour

[illegible]

[illegible]

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon salt

1 teaspoon pepper

1 teaspoon pepper

1 teaspoon pepper

1 teaspoon pepper

1 teaspoon pepper

1 teaspoon pepper

1 teaspoon pepper

1 teaspoon pepper

1 teaspoon pepper

1 teaspoon pepper

[illegible]

[illegible]

[illegible]

4 cups reduced-sodium beef broth

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

1 pound carrots, peeled, cut into 1-1/2-inch pieces - You may substitute baby carrots for peeled whole carrots

1 pound carrots, peeled, cut into 1-1/2-inch pieces - You may substitute baby carrots for peeled whole carrots

1 pound carrots, peeled, cut into 1-1/2-inch pieces - You may substitute baby carrots for peeled whole carrots

1 pound carrots, peeled, cut into 1-1/2-inch pieces - You may substitute baby carrots for peeled whole carrots

1 pound carrots, peeled, cut into 1-1/2-inch pieces - You may substitute baby carrots for peeled whole carrots

1 pound carrots, peeled, cut into 1-1/2-inch pieces - You may substitute baby carrots for peeled whole carrots

1 pound carrots, peeled, cut into 1-1/2-inch pieces - You may substitute baby carrots for peeled whole carrots

1 pound carrots, peeled, cut into 1-1/2-inch pieces - You may substitute baby carrots for peeled whole carrots

1 pound carrots, peeled, cut into 1-1/2-inch pieces - You may substitute baby carrots for peeled whole carrots

1 pound carrots, peeled, cut into 1-1/2-inch pieces - You may substitute baby carrots for peeled whole carrots

1 pound carrots, peeled, cut into 1-1/2-inch pieces - You may substitute baby carrots for peeled whole carrots

1 pound carrots, peeled, cut into 1-1/2-inch pieces - You may substitute baby carrots for peeled whole carrots

1 pound carrots, peeled, cut into 1-1/2-inch pieces - You may substitute baby carrots for peeled whole carrots

1 pound carrots, peeled, cut into 1-1/2-inch pieces - You may substitute baby carrots for peeled whole carrots

1 pound carrots, peeled, cut into 1-1/2-inch pieces - You may substitute baby carrots for peeled whole carrots

1 pound carrots, peeled, cut into 1-1/2-inch pieces - You may substitute baby carrots for peeled whole carrots

1 pound carrots, peeled, cut into 1-1/2-inch pieces - You may substitute baby carrots for peeled whole carrots

1 pound carrots, peeled, cut into 1-1/2-inch pieces - You may substitute baby carrots for peeled whole carrots

1 pound carrots, peeled, cut into 1-1/2-inch pieces - You may substitute baby carrots for peeled whole carrots

2 large onions, cut into 8 wedges each

2 large onions, cut into 8 wedges each

2 large onions, cut into 8 wedges each

2 large onions, cut into 8 wedges each

2 large onions, cut into 8 wedges each

2 large onions, cut into 8 wedges each

2 large onions, cut into 8 wedges each

2 large onions, cut into 8 wedges each

2 large onions, cut into 8 wedges each

2 large onions, cut into 8 wedges each

[illegible]

[illegible]

[illegible]

COOKING

1. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

2. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

3. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

4. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

5. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

6. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

7. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

8. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

9. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

10. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

11. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

12. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

13. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

14. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

15. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

16. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

17. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off

drippings.

18. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

19. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

20. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

21. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

22. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

23. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

24. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

25. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

26. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

27. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

28. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

29. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

30. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

31. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

32. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

33. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

34. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

35. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

36. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

37. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

38. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

39. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

40. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

41. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

42. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour

mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

43. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

44. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

45. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

46. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

47. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

48. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

49. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

50. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

51. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

52. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

53. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

54. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

55. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

56. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

57. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

58. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

59. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

60. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

61. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

62. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

63. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

64. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

65. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

66. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

67. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour

mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

68. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

69. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

70. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

71. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

72. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

73. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

74. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

75. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

76. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

77. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

78. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

79. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

80. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

81. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

82. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

83. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

84. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

85. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

86. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

87. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

88. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

89. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

90. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

91. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

92. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour

mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

93. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

94. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

95. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

96. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

97. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

98. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

99. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

100. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

101. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

102. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

103. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

104. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

105. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

106. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

107. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

108. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

109. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

110. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

111. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

112. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

113. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

114. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

115. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

116. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

117. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour

mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

118. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

119. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

120. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

121. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

122. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.

123. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

124. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

125. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

126. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

127. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

128. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot;

bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

129. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

130. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

131. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

132. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

133. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

134. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

135. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

136. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

137. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

138. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

139. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

140. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

141. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

142. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

143. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

144. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

145. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

146. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

147. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

148. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

149. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

150. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

151. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

152. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

153. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

154. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

155. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

156. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

157. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

158. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

159. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot;

bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

160. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

161. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

162. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

163. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

164. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

165. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

166. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

167. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

168. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

169. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

170. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

171. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

172. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

173. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

174. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

175. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

176. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

177. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

178. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

179. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

180. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

181. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

182. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

183. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

184. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

185. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

186. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

187. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

188. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

189. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

190. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot;

bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

191. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

192. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

193. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

194. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

195. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

196. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

197. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

198. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

199. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

200. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

201. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

202. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

203. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

204. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

205. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

206. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

207. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

208. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

209. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

210. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

211. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

212. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

213. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

214. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

215. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

216. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

217. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

218. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

219. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

220. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

221. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot;

bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

222. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

223. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

224. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

225. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

226. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

227. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

228. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

229. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

230. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

231. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

232. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

233. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

234. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

235. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

236. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

237. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

238. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

239. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

240. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

241. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

242. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

243. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

244. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.

245. Carve roast into slices or chunks; serve with vegetables and gravy.

246. Carve roast into slices or chunks; serve with vegetables and gravy.

247. Carve roast into slices or chunks; serve with vegetables and gravy.

248. Carve roast into slices or chunks; serve with vegetables and gravy.

249. Carve roast into slices or chunks; serve with vegetables and gravy.

250. Carve roast into slices or chunks; serve with vegetables and gravy.

251. Carve roast into slices or chunks; serve with vegetables and gravy.

252. Carve roast into slices or chunks; serve with vegetables and gravy.

253. Carve roast into slices or chunks; serve with vegetables and gravy.

254. Carve roast into slices or chunks; serve with vegetables and gravy.

255. Carve roast into slices or chunks; serve with vegetables and gravy.

256. Carve roast into slices or chunks; serve with vegetables and gravy.

257. Carve roast into slices or chunks; serve with vegetables and gravy.

258. Carve roast into slices or chunks; serve with vegetables and gravy.

259. Carve roast into slices or chunks; serve with vegetables and gravy.

260. Carve roast into slices or chunks; serve with vegetables and gravy.
261. Carve roast into slices or chunks; serve with vegetables and gravy.
262. Carve roast into slices or chunks; serve with vegetables and gravy.
263. Carve roast into slices or chunks; serve with vegetables and gravy.
264. Carve roast into slices or chunks; serve with vegetables and gravy.
265. Carve roast into slices or chunks; serve with vegetables and gravy.
266. Carve roast into slices or chunks; serve with vegetables and gravy.
267. Carve roast into slices or chunks; serve with vegetables and gravy.
268. Carve roast into slices or chunks; serve with vegetables and gravy.
269. Carve roast into slices or chunks; serve with vegetables and gravy.
270. Carve roast into slices or chunks; serve with vegetables and gravy.
271. Carve roast into slices or chunks; serve with vegetables and gravy.
272. Carve roast into slices or chunks; serve with vegetables and gravy.
273. Carve roast into slices or chunks; serve with vegetables and gravy.
274. Carve roast into slices or chunks; serve with vegetables and gravy.
275. Carve roast into slices or chunks; serve with vegetables and gravy.
276. Carve roast into slices or chunks; serve with vegetables and gravy.
277. Carve roast into slices or chunks; serve with vegetables and gravy.
278. Carve roast into slices or chunks; serve with vegetables and gravy.
279. Carve roast into slices or chunks; serve with vegetables and gravy.
280. Carve roast into slices or chunks; serve with vegetables and gravy.

281. Carve roast into slices or chunks; serve with vegetables and gravy.
282. Carve roast into slices or chunks; serve with vegetables and gravy.
283. Carve roast into slices or chunks; serve with vegetables and gravy.
284. Carve roast into slices or chunks; serve with vegetables and gravy.
285. Carve roast into slices or chunks; serve with vegetables and gravy.
286. Carve roast into slices or chunks; serve with vegetables and gravy.
287. Carve roast into slices or chunks; serve with vegetables and gravy.
288. Carve roast into slices or chunks; serve with vegetables and gravy.
289. Carve roast into slices or chunks; serve with vegetables and gravy.
290. Carve roast into slices or chunks; serve with vegetables and gravy.
291. Carve roast into slices or chunks; serve with vegetables and gravy.
292. Carve roast into slices or chunks; serve with vegetables and gravy.
293. Carve roast into slices or chunks; serve with vegetables and gravy.
294. Carve roast into slices or chunks; serve with vegetables and gravy.
295. Carve roast into slices or chunks; serve with vegetables and gravy.
296. Carve roast into slices or chunks; serve with vegetables and gravy.
297. Carve roast into slices or chunks; serve with vegetables and gravy.
298. Carve roast into slices or chunks; serve with vegetables and gravy.
299. Carve roast into slices or chunks; serve with vegetables and gravy.
300. Carve roast into slices or chunks; serve with vegetables and gravy.
301. Carve roast into slices or chunks; serve with vegetables and gravy.

302. Carve roast into slices or chunks; serve with vegetables and gravy.
303. Carve roast into slices or chunks; serve with vegetables and gravy.
304. Carve roast into slices or chunks; serve with vegetables and gravy.
305. Carve roast into slices or chunks; serve with vegetables and gravy.
306. Carve roast into slices or chunks; serve with vegetables and gravy.
307. Carve roast into slices or chunks; serve with vegetables and gravy.
308. Carve roast into slices or chunks; serve with vegetables and gravy.
309. Carve roast into slices or chunks; serve with vegetables and gravy.
310. Carve roast into slices or chunks; serve with vegetables and gravy.
311. Carve roast into slices or chunks; serve with vegetables and gravy.
312. Carve roast into slices or chunks; serve with vegetables and gravy.
313. Carve roast into slices or chunks; serve with vegetables and gravy.
314. Carve roast into slices or chunks; serve with vegetables and gravy.
315. Carve roast into slices or chunks; serve with vegetables and gravy.
316. Carve roast into slices or chunks; serve with vegetables and gravy.
317. Carve roast into slices or chunks; serve with vegetables and gravy.
318. Carve roast into slices or chunks; serve with vegetables and gravy.
319. Carve roast into slices or chunks; serve with vegetables and gravy.
320. Carve roast into slices or chunks; serve with vegetables and gravy.
321. Carve roast into slices or chunks; serve with vegetables and gravy.
322. Carve roast into slices or chunks; serve with vegetables and gravy.



323. Carve roast into slices or chunks; serve with vegetables and gravy.
324. Carve roast into slices or chunks; serve with vegetables and gravy.
325. Carve roast into slices or chunks; serve with vegetables and gravy.
326. Carve roast into slices or chunks; serve with vegetables and gravy.
327. Carve roast into slices or chunks; serve with vegetables and gravy.
328. Carve roast into slices or chunks; serve with vegetables and gravy.
329. Carve roast into slices or chunks; serve with vegetables and gravy.
330. Carve roast into slices or chunks; serve with vegetables and gravy.
331. Carve roast into slices or chunks; serve with vegetables and gravy.
332. Carve roast into slices or chunks; serve with vegetables and gravy.
333. Carve roast into slices or chunks; serve with vegetables and gravy.
334. Carve roast into slices or chunks; serve with vegetables and gravy.
335. Carve roast into slices or chunks; serve with vegetables and gravy.
336. Carve roast into slices or chunks; serve with vegetables and gravy.
337. Carve roast into slices or chunks; serve with vegetables and gravy.
338. Carve roast into slices or chunks; serve with vegetables and gravy.
339. Carve roast into slices or chunks; serve with vegetables and gravy.
340. Carve roast into slices or chunks; serve with vegetables and gravy.
341. Carve roast into slices or chunks; serve with vegetables and gravy.
342. Carve roast into slices or chunks; serve with vegetables and gravy.
343. Carve roast into slices or chunks; serve with vegetables and gravy.

344. Carve roast into slices or chunks; serve with vegetables and gravy.
345. Carve roast into slices or chunks; serve with vegetables and gravy.
346. Carve roast into slices or chunks; serve with vegetables and gravy.
347. Carve roast into slices or chunks; serve with vegetables and gravy.
348. Carve roast into slices or chunks; serve with vegetables and gravy.
349. Carve roast into slices or chunks; serve with vegetables and gravy.
350. Carve roast into slices or chunks; serve with vegetables and gravy.
351. Carve roast into slices or chunks; serve with vegetables and gravy.
352. Carve roast into slices or chunks; serve with vegetables and gravy.
353. Carve roast into slices or chunks; serve with vegetables and gravy.
354. Carve roast into slices or chunks; serve with vegetables and gravy.
355. Carve roast into slices or chunks; serve with vegetables and gravy.
356. Carve roast into slices or chunks; serve with vegetables and gravy.
357. Carve roast into slices or chunks; serve with vegetables and gravy.
358. Carve roast into slices or chunks; serve with vegetables and gravy.
359. Carve roast into slices or chunks; serve with vegetables and gravy.
360. Carve roast into slices or chunks; serve with vegetables and gravy.
361. Carve roast into slices or chunks; serve with vegetables and gravy.
362. Carve roast into slices or chunks; serve with vegetables and gravy.
363. Carve roast into slices or chunks; serve with vegetables and gravy.
364. Carve roast into slices or chunks; serve with vegetables and gravy.

365. Carve roast into slices or chunks; serve with vegetables and gravy.

366. Carve roast into slices or chunks; serve with vegetables and gravy.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		18g	99mg		24g	29g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com