

## Slouie Pot Roast

A friend of mine's wife was in the hospital for quite a long time. He sent an update and indicated she had a dream about eating pot roast. I told him, "let me know and I'll make one." Well it turned out that she could eat pot roast. I told him that I'd try to remember what I did since I normally just rummage through the house and throw stuff in the pot. Here it is the heretofore secret recipe for pot roast!

Prep time: 20 Minutes

Cook time: 20 Minutes

Inactive cook time: 8 hours (or more)

Serves 8 (Main Course)

1 3 LB Chuck Roast  
2 TBS Emeril's Essence  
2 TBS Lawry's Seasoned Salt  
¼ Cup Extra Virgin Olive Oil  
5 Carrots Chopped  
5 Celery Ribs Chopped  
1 Medium Onion Chopped  
5 Cloves of Garlic, Diced  
1 Can (14 oz) Diced Tomatoes  
2 Cans Water  
¼ Cup Dry Sherry  
3 TBS A-1 Sauce  
3 Bay Leaves

Coat the chuck roast with the Essence and Lawry's salt. Kind of let it soak in. If you have Lawry's seasoned pepper, give it a go also.

Heat up your large fry pan (with lid available) until it gets fairly hot.

Pour the olive oil on it, yeah, it'll smoke, so what.

Sear the roast on the pan about five minutes per side.

Take the roast out.

Throw some more oil in if you need it.

Toss in the carrots, celery and onion and sauté until the onions are translucent.

Add the garlic and stir until fragrant (about 30 seconds)

Add the tomatoes and cook until a lot of the liquid is gone.

Add the Sherry and cook until the alcohol is gone

Add the A-1 and stir until it's mixed in with everything else.

Push stuff aside and let the roast in.

Cover with water and let it come to a boil

Cut the heat back, add the bay leaves, cover and simmer until you're ready to eat it the longer simmer time, the better.