

Beef Pot Roast

- 4 to 5 lb. Beef Roast
- 2 T. Extra Virgin Light Olive Oil
- 2 C. Boiling Water
- 2 Cubes Beef Bullion
- 1 t. Garlic Salt
- ½ t. Salt
- 1 t. Black Pepper
- 1 t. Emeril Lagasse's Original Essence Seasoning
- 4 Medium Potatoes
- 2 Carrots
- 1 Celery Stalk
- 1 Small Onion

Trim fat from roast and sear each side of the roast in hot olive oil. Place roast in a deep roasting pan. Unwrap the 2 cubes of beef bullion and put into 2 cups boiling water and let dissolve. Pour over the roast. Sprinkle garlic salt, salt, black pepper and Emeril Lagasse's Original Essence Seasoning over the roast, covering every part. Add potatoes, carrots, celery stalks and small onion. Let cook at a simmer for four hours, occasionally adding water if the necessity arises.

Happy Eating.

