

Southwestern-Style Beef Pot Roast

Ingredients:

- 3 - 4 lb. Harris Ranch boneless beef chuck roast
- 1 tbs. vegetable or olive oil
- 1 large onion, chopped
- 1 can (14 1/2 ounces) peeled whole tomatoes, cut up, undrained
- 2 lbs. medium red potatoes, cut into quarters
- 1 tbs. cornstarch, dissolved in 2 tablespoons water
- 1 can (4 ounces) chopped green chilies, undrained
- 2 tbs. chopped fresh parsley

Seasoning:

- 2 cloves garlic, crushed
- 1 tbs. chili powder
- 1 tbs. ground cumin
- 1 tsp. salt
- 1/2 tsp. cracked black pepper

Preparation:

Combine seasonings and press evenly into surface of beef. In Dutch oven, heat oil over medium-high heat until hot. Add pot roast; brown evenly. Pour off drippings. Add onion and tomatoes. Bring to a boil; reduce heat to low. Cover tightly and simmer 1 1/2 to 2 hours or until beef is tender.

Add potatoes to pan; cover and continue cooking about 35 minutes or until beef and potatoes are tender. Remove beef and potatoes to serving platter; keep warm.

Strain cooking liquid; skim off fat. In same pan, return cooking liquid. Bring to a boil over medium-high heat. Add cornstarch mixture and green chilies; cook and stir 1 minute or until sauce is thickened and bubbly. Stir in parsley. Serve pot roast with potatoes and sauce.