

Roast Beef with Onions

3 pound eye round roast (*for 4 people, beef shrinks*)

2 16 oz bags of frozen chopped onions—partially defrosted

4 tablespoons olive oil

In a 4 quart pot (will need cover) heat about 2 Tablespoons of oil --over medium heat, do not burn

Place roast in pot, and sear on all sides

Reduce heat to low (at this stage the roast should not be bubbling —perhaps move to the small burner to keep roast at simmer)

Cover pot and let simmer for 45 minutes

In a large frying pan, heat olive oil

Add in onions, spreading around the pan in a thin layer

Sautee for 10 minutes on medium high, stirring so as not to burn the onions—in fact the onions do not need to brown

Cover and simmer on low for 10 minutes

Pour around the roast, covering top, sides, all around.

Cook, covered, for another hour—note: Roast should be soft when touched—it should take around 2 hours in all.

Remove from heat and let sit for 10 minutes before slicing for better results

Serve with rice or mashed potatoes—and use onions as a gravy