

Bavarian Pot Roast

Servings : 8

Amount	Measure	Ingredient - Preparation Method
3	pounds	boneless chuck roast - trimmed
2	tablespoons	vegetable oil
1 1/4	cups	water
3/4	cup	beer
8	ounces	tomato sauce
1/2	cup	onion - chopped
2	tablespoons	sugar
1	tablespoon	white vinegar
2	teaspoons	salt
1	teaspoon	cinnamon - ground
1		bay leaf
1/2	teaspoon	ginger - ground
1/2	teaspoon	pepper
1/4	cup	cornstarch
1/4	cup	water

Brown roast on all sides in hot oil in a Dutch oven. Add 1.25 cups water and next 10 ingredients. Cover, reduce heat, and simmer 2.5 to 3 hours or until roast is tender. Remove roast to a serving platter. Discard bay leaf.

Combine cornstarch and 1/4 cup water. Stir cornstarch mixture slowly into pan juices. Cook, stirring constantly, over medium heat until thickened.