

# Stove Top Roast

*Unit: 8 Qt. Roaster or Electric Skillet*

<b>1 - 2-4 Lb. Chuck Roast</b>	<b>3-5 Medium Carrots (cut into 1/2" slices)</b>
<b>4 - Cloves of Garlic</b>	<b>3-5 Medium Potatoes (cut into quarters)</b>
<b>3 - Cups of Water</b>	<b>2 - Medium Onions (cut into 1/4" slices)</b>
<b>Seasoning Salt</b>	

First, preheat the unit on medium-high heat until water beads like mercury when flicked into the unit. (400 on the electric skillet) Next, firmly press the roast into the unit and cook it until it is golden brown. (about 6-8 minutes)

Flip the roast and sear the second side for 6-8 minutes. When it is seared, lift the roast up and set the onion slices under the roast. Add all of the other items on top of the roast and turn to medium heat.

Rotate the valve below the knob to open and cover the unit. When the valve whistles or the lid is stinging hot to the touch, reduce the heat to medium-low heat. (300 with the electric skillet)

Cook for 15 - 30 minutes per pound or until tender. If the valve continues to whistle, reduce the heat a bit.

## Gravy Recipe

**3 - Tablespoons of corn starch**  
**Salt to taste**

**1/4 - Cup of Water**

Mix the corn starch with the water in a small glass. Remove the roast and vegetables from the pan and pour the corn starch into the liquid in the unit. Increase the heat to medium- high heat and cook until it is thickened. Stir the gravy as you cook it.