

# *From the Kitchen at Stonewall Resort*

## MARINATED BEEF POT ROAST

### Ingredients:

2 ½ TO 3 pounds rump, chuck, eye of round, or shoulder roast  
3 cloves garlic, slivered  
1 cup balsamic vinegar  
2 tablespoons chopped fresh rosemary  
3 medium onions, peeled and thinly sliced  
14 ½ can whole tomatoes, chopped, all juices reserved  
Salt and freshly ground black pepper

### Directions

- Poke the meat all over with a thin-bladed knife and insert the garlic slivers into the holes.
- In a large ceramic dish or bowl, or in a zip-top bag, combine the vinegar and rosemary. Add the meat and turn to coat completely. Cover and refrigerate overnight.
- Heat the oven to 350 degrees F. Spread the sliced onions in a large casserole or small roasting pan. Nestle the meat into the onions and pour in the remaining marinade. Season the meat with salt and pepper. Add the tomatoes and juice. Cover the pot or pan tightly with a lid or aluminum foil.
- Cook the beef until it is easily pierced with a fork and its juices run clear, 3 to 3 ½ hours.
- Remove the roast from the oven and allow to rest in the pan for 5 to 10 minutes before carving. Serve the sliced meat with the onions, tomatoes, and pan juices (degrease if necessary).