

Teriyaki Beef Pot Roast

Ingredients

- 3-4 lbs beef pot roast
- salad oil
- 1/4 cup hot water
- 1/2 tsp ginger
- 1 clove garlic (optional), minced
- 3 Tbsp soy sauce
- 2 medium-sized onions
- 1 can mushrooms
- 1 can water chestnuts
- cornstarch to thicken

Instructions

1. Brown beef pot roast in hot oil in a heavy pan.
2. Cover with hot water, ginger, garlic, soy sauce, onions, water chestnuts, and mushrooms.
3. Cover and simmer slowly 2 to 2 1/2 hours, or until meat is tender.
4. Add extra hot water as needed.
5. Thicken with cornstarch.
6. Serve hot with hot fluffy rice.

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2 med. sized onions
1 can mushrooms
1 " water chestnuts
corn starch to thicken

Brown beef pat roast in hot oil
in heavy pan. Cover with hot water,
ginger, garlic, soy sauce, onions, water-
chestnuts & mushrooms. Cover, simmer
slowly 2 to 2½ hrs. or until meat is tender.
Add extra hot water as needed.
Thicken with cornstarch. Serve hot
with hot fluffy rice.