

Minute Roast

Vichna Belsky

Ingredients

3-4 lb minute roast (if using smaller or larger roast, adjust ingredients)

2 medium onions, sliced

1 cup ketchup

3/4 cup brown sugar

8 cloves garlic, sliced

Method

1. Line pan with heavy duty aluminum foil, cut large enough to fold over roast. (You will use this to easily remove roast from pan once it's cooked.)
2. Layer half of the each ingredient in the pan. Place meat on top, and cover with remaining ingredients.
3. Close foil tightly to keep moisture inside.
4. Bake at 350 for one hour per lb of meat. (3 lb =3 hours, 5 lb=5 hours etc.)
5. Refrigerate until cool.
6. Remove from pan, slice, place in a new pan, strain sauce over meat.
7. Warm and serve.

This is a Yom Tov staple in my house. I have used it succesfully with many different cuts of meat. Well liked by adults and kids.

