

PAPRIKA RUBBED POT ROAST IN APPLE JUICE

By Camine Pappas/January 2014

INGREDIENTS:

1/5 lbs stew meat in large chunks
1 very large russet potato cut into large chunks
4 medium carrots
1/3 yellow onion large diced
3 T good, light olive oil
3 C plus of regular apple juice
1 bottle light beer (or beer of your choice)

RUB:

2 parts paprika
1/2 part onion powder
1/2 part parsley flakes
1 part oregano
1/2 part dried basil
1/4 part dried sage
generous salt and pepper



DIRECTIONS:

Rub olive oil on meat and place in crock pot, and then apply rub. I ended up with about 2 T rub after blending the ingredients. Add vegetables and stir to coat them with the oil and paprika rub. Apply a little more salt and pepper. Fill 3/4 up the side of the mix mixture with the apple juice. Add the bottle of beer. Stir lightly. Cover and cook on low for 6 hours. When you remove lid, lower temp to warm for 5 minutes. Then add 1.5 T corn starch blended with 3 T water. Just stir in the warm liquid, return to WARM setting and stir until it thickens.

Serve over rice, noodles, or toasted bread. Garnish with dried tarragon flakes.

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