



# Noreen's Kitchen

## Sauerbraten Style Pot Roast

### Ingredients

1 packet, Crock Pot Savory Pot Roast Seasoning	4 cloves of garlic, smashed
3 to 4 pound chuck roast well trimmed	1 tablespoon pickling spice
1 cup red wine vinegar	1/2 teaspoon pepper corns
1 cup water	3 to 4 allspice berries
1/2 cup brown sugar	2 bay leaves
1 large onion, peeled and quartered	3 to 4 whole cloves
6 carrots scrubbed and cut into 2 inch chunks	1 inch piece of fresh ginger sliced
4 stalks of celery, washed, trimmed and cut into large chunks	1/4 of a whole nutmeg
	1/4 cup dark raisins

### Step by Step Instructions

Brown roast on all sides in a heavy skillet.

Place vegetables in the bottom of crock pot.

Place spices, ginger and raisins in a double layer of cheese cloth and tie together with kitchen string to form a pouch that can be removed later. This will help to avoid having anyone bite into the larger, harder spices like the cloves, bay leaves and pepper corns.

Mix together the water, vinegar, seasoning packet and brown sugar until well combined.

Place roast on top of the vegetables in the crock pot.

Place spice pouch down in the bottom of the crock pot.

Pour the vinegar mixture over the roast and vegetables.

Cover and cook on high for 5 to 6 hours or on low 7 to 8 hours until meat is tender and easily comes apart with a fork.

You can thicken the sauce if you like, or you can simply serve it as is over some mashed potatoes, egg noodles or Spaetzle.

Enjoy!

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