

# Noreen's Kitchen

## Italian Style Pot Roast

### Ingredients

1 rump or bottom round roast 4 to 5 pounds  
1 medium onion peeled, quartered and sliced  
2 large bell peppers, cored and sliced into strips  
1 cup celery cut into large chunks  
1-8 ounce bottle sun dried tomatoes in olive oil  
4 cups tomato sauce either homemade or San Marzano  
6 cloves garlic, minced  
2 tablespoons dried basil  
1 teaspoon salt  
1 teaspoon cracked black pepper  
2 tablespoons olive oil

### Step by Step Instructions

Heat 2 tablespoons, olive oil in large heavy skillet over medium heat.

Brown roast on all sides.

Remove roast and set aside.

Deglaze the pan with either 1/2 cup of water, stock or wine. Place deglazing liquid in crock pot.

Place vegetables along with half of the sun dried tomatoes, garlic and basil in a large crock pot.

Place browned roast on top of vegetables.

Place remaining sun dried tomatoes, garlic and basil on top of the roast.

Pour tomato sauce on top of the roast.

Cook in crock pot set on low for 7 to 8 hours.

Serve with mashed potatoes or noodles.

**Enjoy!**