



***Don't
forget
the garlic!***

Roast Beef with Wine & Vegetables

**5 to 6 pounds lean roast beef
few sprigs of parsley
2 cups of dry white wine
4-5 peeled potatoes
3-4 cloves fresh garlic, peeled**

**3 onions, skinned
5-6 carrots, peeled
1/2 cup olive oil
salt and pepper to taste
dry greek oregano**



Make a few slits with a sharp knife in the roast. Insert a garlic clove and a sprig of parsley into each slit. Pour wine and olive oil over the meat. Sprinkle generously with salt, pepper and oregano.

Bake in preheated 350 degree for about 3-4 hours or until the meat is cooked to an internal temperature of at least 150 degrees. Place your meat thermometer in the thickest part of the roast.

After putting roast in the oven, prepare vegetables by cutting them into pieces. Place them in large bowl and sprinkle with a little more olive oil, minced garlic, salt, pepper and oregano. Toss together and set aside. After roast has been on oven for about 90 minutes, add the vegetables to the pan around roast. Place pan back into oven and continue to cook until roast is done, tending to it about every 30 minutes. Turn vegetables with wooden spoon to keep them moist.

Remove from oven, cover with foil and allow to rest for about 20 minutes before serving for a wonderful, juicy roast.