

Donna's Swedish Pot Roast

- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 2 teaspoons salt
- 1/8 teaspoon pepper
- 4 pound beef pot roast
- 2 tablespoons shortening
- 2 onions, sliced
- 1 clove garlic, diced
- 1/2 cup brown sugar
- 1/2 cup red wine vinegar
- 1/2 cup water
- 4 bay leaves

Combine nutmeg, cinnamon, ginger, salt and pepper, and rub into meat.

Heat a pressure cooker, and melt shortening. Brown meat well on all sides.

Add onion, garlic, brown sugar dissolved in vinegar, water and bay leaves. Close cover securely, place pressure regulator on vent, and cook for 40 minutes after regulator begins to rock slowly.

Remove from heat, let pressure drop of its own accord, and serve.

Serve with potatoes.

Serves: 6

Preparation time: 1-1/2 hours

– [Subscriptions \(1\)](#)

©1992-2014 by Scott David Gray

Source URL: <http://kitchen.unseelie.org/node/200>