

### Pot Roast

- 1-2lb chuck pot roast, about 2 in. thick
- 1 clove garlic, quartered
- 2 Tables. butter
- 2 Tables. pure veg. oil
- 1 clove garlic, minced
- 1 small onion, chopped
- 2 teasp. oregano
- 1 teasp. thyme
- $\frac{1}{2}$  teasp. basil
- $\frac{1}{8}$  teasp. cinnamon
- 1 teasp. salt
- $\frac{1}{4}$  teasp. pepper
- 2- 6 oz. cans Hunt's tomato paste
- $3\frac{1}{2}$  cups water
- 1 lb. spaghetti, uncooked
- grated parmesan or romano cheese

Make 4 slits in roast, and insert quarter of garlic. Tie meat if necessary to hold shape. Heat oil and butter in large kettle, brown meat slowly on all sides. Remove meat and lower heat. Add minced garlic and next 7 seasonings. Cook gently 5 minutes, being careful not to burn. Return meat. Mix Hunt's tomato paste with water, and pour over meat. Bring to a boil. Lower heat and cover loosely. Simmer slowly about 2 hrs.

turning meat occasionally. When meat is tender and sauce thickened, cook spaghetti. Drain and put in large shallow dish. Cover with most of the sauce. Sprinkle with cheese and mix ~~light~~ lightly. Serve with remaining sause and slice meat.

Shirley Peck