

Pumpnickel Roast

This is such a great roast for a hearty fall supper on a chilly night.

From the kitchen of www.WendyPerry.com

...my variation of a Southern Living recipe fav!

Yield: about 6 depending on roast size

*Note subs and variations down below.

- 1 10 oz. frozen/jar pearl onions
- 1 4 lb. roast (any, but my preference is chuck)
- 1 can sauerkraut (Bavarian style preferred) – undrained
- 1 12 oz. dark beer
- 1/4 c. stone ground mustard
- 1 T. caraway seed
- salt & fresh cracked pepper to taste
- 1/3 c. all purpose flour
- egg noodles or Wendy's Creamed German Potato Salad

Onions: Feel free to sub fresh sliced onions.

Place onions in 4 qt. crock pot; place roast on top. Spread kraut on top of roast. Mix beer with mustard, seed, salt and pepper; pour over roast. Cook on LOW 8 hours or HIGH 4-5ish or until tender. (This will vary depending on your particular crock pot.)

Remove all but drippings. Whisk flour into drippings. Cook 10 minutes until thick to make gravy.

Suggested Side: Wendy's Creamed German Potato Salad

Leftovers freeze great, so buy the biggest roast you can, eat one meal and freeze another one (be your own Personal Chef) for a busy night supper.