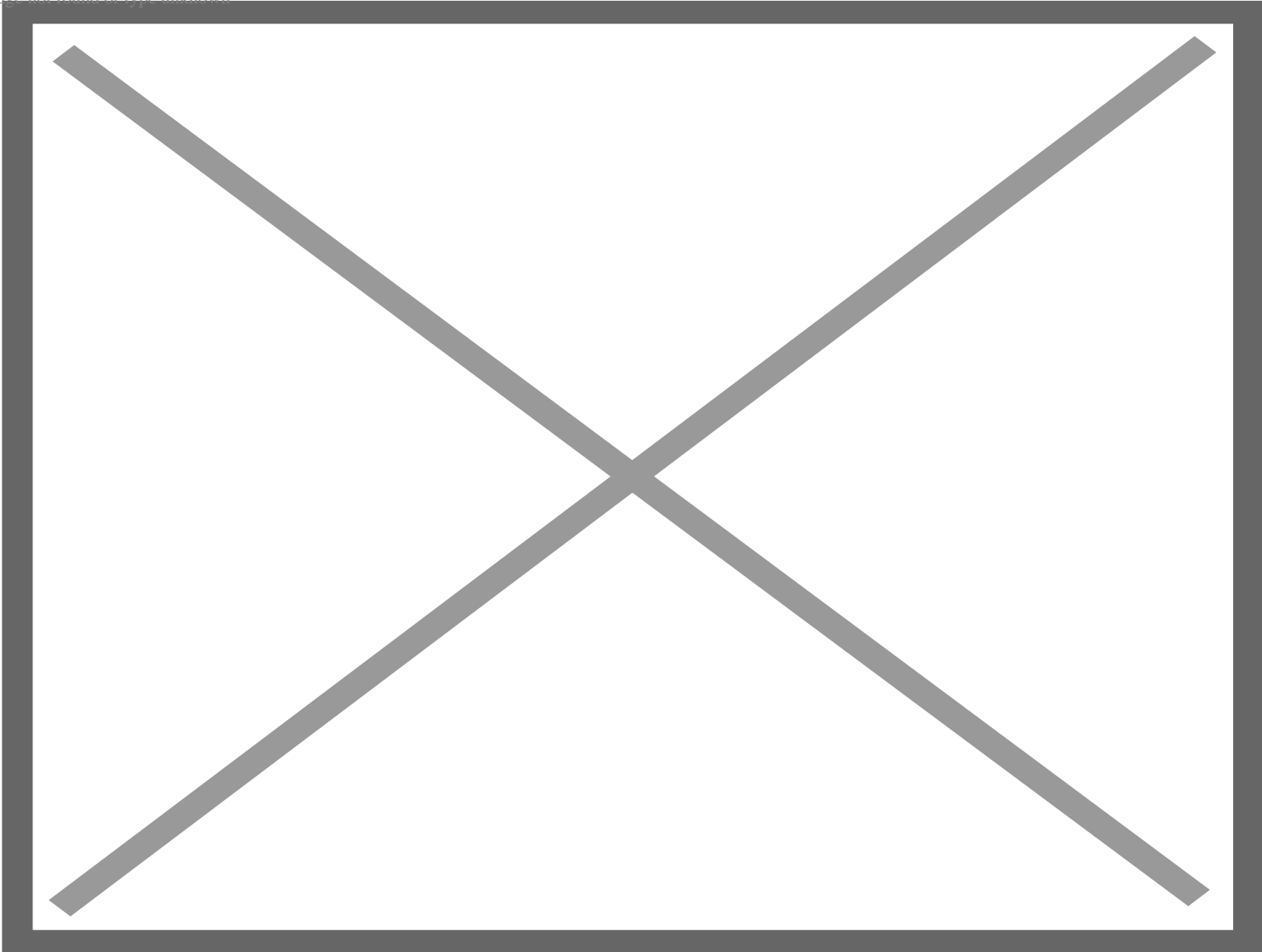


# English Roast Beef

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## Ingredients

- Pot Roast:
- 5 pounds beef round roast
- salt and pepper to taste
- 2 tablespoons butter
- ½ cup water
- 1 medium onion, sliced (Optional)
- 1 clove garlic, minced (Optional)
- ½ teaspoon dried sage
- ½ teaspoon dried mint
- ? teaspoon seasoning salt (Optional)
- ? teaspoon red pepper flakes (Optional)
- Gravy:
- 1 tablespoon butter
- 1 tablespoon all-purpose flour
- ½ cup cold water
- ¼ teaspoon dried sage
- ¼ teaspoon dried mint

## Instructions

- Preheat the oven to 350 degrees F
- Make the pot roast:
- Season roast all over with salt and pepper.
- Melt butter in a Dutch oven over medium-high heat. Brown roast on all sides in the pot, with onion, and garlic around the roast, then sprinkle sage, mint, seasoning salt, and pepper.
- Cover the pot and transfer to the preheated oven. Bake until tender and cooked through. Remove from the oven; transfer roast to another pan and keep warm. Serve with gravy.
- Make the gravy:
- Melt butter in a medium skillet over medium heat. Whisk in flour until smooth. Pour in water; whisk until a smooth paste is formed.
- Return to the stovetop over medium heat. Stir in sage and mint, then pour in pan drippings until gravy is thickened.
- Slice the roast and pour gravy over the top.
- Serve and Enjoy!

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