



B&B's BEST
YOU ARE WHAT YOU EAT
SO EAT THE BEST

Beef Roast

With Sweet Cherry

Ingredients

- 3 to 4 Lb lean beef roast – Eye of Round or London Broil.
- 2-3 tablespoons [B&B's Best Steakhouse Rub](#).
- ½ Cup [B&B's Best Sweet Cherry BBQ Sauce](#).
- 2 to 3 medium onions cut into wedges.
- 10 to 12 small red potatoes rinsed, not peeled.
- 8 medium carrots peeled and cut.
- 5 Cups water

Makes 6 to 8 servings.



Instructions

1. Heat grill or oven to med high heat 350°.
2. Rub Roast with [B&B's Best Steakhouse Rub](#).
3. On the grill or in a frying pan, sear the roast to hold in juices.
4. Place seared roast in Dutch oven or any oven safe pot with a lid.
5. Add onions, [B&B's Best Sweet Cherry](#) and 3 cups of water.
6. Place on grill or in oven and cook for 3.5 hours. (Check after 2 hours and if needed add additional water)
7. Remove from grill and add the potatoes, carrots, and additional 2 cups of water.
8. Return to grill or oven for 2 hours.
9. Remove from grill or oven and test the potatoes and carrots for tenderness.

Serve and Enjoy