

## Pot Roast Pastry with Mushroom Sauce

*Connie Mitchell, Loveland, CO*

Servings: 6

Ingredients:

### Roast:

2 lb. boneless beef chuck roast  
2 tsp. ground allspice  
1-1/2 tsp. salt  
1 tsp. pepper  
6 cups onions, sliced lengthwise  
6 cloves chopped fresh garlic

### Sauce:

1 package fresh mushrooms  
2 garlic cloves, chopped  
4 ounces low fat sour cream  
1 cup chicken broth  
1/4 tsp. celery salt  
1/4 tsp. pepper  
1 tbsp. corn starch  
2 tbsp. olive oil  
2 tbsp. butter

1 package Pepperidge Farms Puff Pastry  
3 tbsp. fresh chopped parsley

Instructions:

### Roast Preparation:

Preheat oven to 400 degrees. Rub meat with allspice, salt and pepper. Spray oil on bottom of roasting pan. Spread 2/3 onions and garlic in bottom of roasting pan. Place pre-seasoned meat over onions. Place remaining 1/3 of onion and garlic mixture on top. Seal tightly with foil and roast for 2-1/2 hours.

Separately prepare puff pastries following package directions.

### Sauce Preparation:

Wash and chop mushrooms and garlic. Sauté in butter and olive oil for 10 minutes. Add chicken broth, celery salt, pepper and cornstarch cooking until thickened. Stir in sour cream. Add onions and garlic from the roast. If desired, puree sauce in food processor.

### To Serve:

With a spoon, take center circle out of pastry, reserve for later. Shred meat and place 1/2 cup of shreds in each puff pastry. Cover with mushroom sauce. Place cap on top. Cover with more sauce and sprinkle with parsley

Wine Pairing: Colorado Merlot