

Italian Pot Roast

- 3 # lean chuck or rump roast
- 1 1/2 t. oregano
- 2 T. oil
- 1 t. thyme
- 2 cloves garlic
- 1/2 t. basil
- 2 med. onions chopped
- 1/8 t. cinnamon
- 1 t. salt
- 1/2 t. sugar
- 1/4 t. pepper
- 2 (6 oz.) cans of tomato paste
- 3 c. water
- 1 # thin noodles
- Parmesan cheese

Heat oil in a Dutch oven. Add meat and brown meat slowly on all sides. Remove meat and lower heat. Add garlic, oregano, thyme, basil, onions, cinnamon, salt, sugar, and pepper. Simmer for 5 minutes. Return meat to pan. Mix paste with water and pour over meat. Bring to a full boil. Lower heat and cover loosely. Simmer slowly for 2 to 3 hours, turning meat as needed. When meat is tender, cook noodles and drain. Slice roast and arrange noodles with sauce. Sprinkle cheese and parsley.