Beef Pot Roast

Ingredients:
1 beef bouillon cube
2 cups hot water
1 tablespoon orange juice
1/4 teaspoon allspice
1/8 teaspoon pepper
1 onion
2 teaspoons vegetable oil
2 1/2 pounds round roast
2 carrots
4 potatoes

Equipment:
Cutting board
Knife
Mixing bowl
Large skillet with lid

Directions
1. Cut roast into bite size pieces. Set aside.
2. Wash potatoes and carrots and chop into cubes. Put into bowl and set aside.
3. Cut ends off of onion, and peel off brown layer. Chop into small pieces.
4. Pour vegetable oil in large skillet on medium heat. Add onion and cook until soft, stirring occasionally.
5. Add cubed beef to the skillet. Brown it on all sides.
6. While beef is browning, make gravy by putting the bouillon cube in 2 cups hot water. Stir it until the bouillon cube dissolves. Add orange juice, allspice, and pepper to bowl and stir well. Set aside.
7. When meat is nicely browned on all sides, add carrots, potatoes and broth mixture to skillet.
8. Cover and simmer on low for 2 hours.

Great one pot meal, fix it and forget it in a crock pot on low for 8 hours.