

Campers Pot Roast - Oscar Hendriksen

2 lbs pot roast

Salt and fresh ground pepper

diced green and red peppers

diced broccoli stems, with outside trimmed off

diced baby carrots

Season the pot roast liberally with fresh ground pepper and salt. Begin cooking with most of the heat on the bottom and some on the top of your 10 or 12-inch Dutch oven. Add vegetables after the first 30 minutes. Replenish coals after 1 hour. Cook more slowly after the first hour. Check with a meat thermometer to assure doneness (145 degrees or higher). Cooking more slowly for a longer period of time after the initial period causes the meat to be more tender and flavorful. Even very inexpensive roasts turn out to be extremely tasty when cooked this way.