

## Cry Me a River Pot Roast

2 tablespoons butter  
4 cups sliced onion (about 1 ½ pounds)  
Cooking spray  
1 (3-pound) beef rump roast  
1/2 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
1 cup fat-free, less-sodium beef broth  
1 tablespoon fresh thyme leaves  
1 (12-ounce) bottle tasty beer (such as Sierra Nevada Pale Ale)  
3 tablespoons cornstarch

Preheat oven to 300°.

To prepare pot roast, melt butter in a large Dutch oven over medium-high heat. Add onion to pan; sauté 12 minutes or until almost tender. Reduce heat to medium-low; cook for 40 minutes or until onions are caramelized, stirring frequently. Transfer onions to a bowl. Add about ¼ of the bottle of beer and cook over low heat, scraping up the browned bits.

Increase heat to medium-high. Sprinkle roast evenly with 1/2 teaspoon salt and 1/2 teaspoon pepper. Add roast to pan; cook 5 minutes, turning to brown on all sides. Add onion mixture, broth, thyme, and beer to pan; bring to a simmer. Cover and bake at 300° for 2 hours or until tender, turning over halfway during cooking time.

Remove roast from pan. Cover and keep warm. Place pan over medium-high heat. Take about a ¼ c. of the remaining broth-onion mixture and place in a jar and add cornstarch. Shake until well mixed. Add cornstarch mixture to pan, stirring with a whisk; bring to a boil. Cook for 1 minute, stirring constantly.

Serve roast with mashed potatoes or buttered egg noodles and onion gravy.