



ONOWAY
FISH & GAME ASSOCIATION

Black Bear Roast

- 2 Cups Beef Broth
- 2 large onion, thinly sliced
- ½ tsp salt
- ½ tsp basil
- ½ tsp oregano
- ½ tsp paprika
- 1 bear roast (2-4lbs)

Instructions:

Mix all ingredients to marinate in a bowl and add roast. Refrigerate and marinate roast for 4 hours. Turn twice. A frozen roast can be marinated overnight in the fridge while thawing. Place roast, marinade in a slow cooker or dutch oven and cook on low for 6 hours or until tender and well done. Turn several times during cooking.

I like to add mushrooms, peas, potatoes and garlic to my pot roasts.

(compliments of Jeanette Hall)