

Pot Roast

Ingredients

Instructions

New England Pot Roast (from the Betty Crocker cookbook)

1/4 cup all purpose flour
1 T salt
1 1/4 tsp. pepper
4 lb. beef chuck pot roast
2 T shortening
1 cup water
8 small potatoes, pared and halved
8 medium carrots, halved crosswise and lengthwise
8 small onions

Stir together flour, salt, and pepper; rub mixture on meat. Melt shortening in large skillet or Dutch oven; brown meat over medium heat, about 15 minutes. Reduce heat. add water; cover tightly and simmer on top of range or in 325 degrees oven 4 hours or until meat is tender. About 1 hour before end of cooking time, add vegetables.

America's Favorite Pot Roast (from the crock pot recipe book)

3 1/2 to 4 lbs. boneless pot roast
1/4 cup flour
2 tsp. salt
1/8 tsp. pepper
3 carrots, chopped
3 potatoes, peeled and quartered
2 small onions, sliced
1 stalk celery, chopped
10 button mushrooms, sliced
1 pkg. dry Lipton Onion Soup mix

Trim all excess fat from the roast and brown and drain. Combine 1/4 cup flour, salt and pepper and coat meat with the flour mixture. Place all vegetables except mushrooms in the slow cooker and top with the roast. Sprinkle with dry Lipton Onion soup mix. Spread mushrooms over the top of the roast. Cover and cook on low for 10-12 hours.

Summary

Yield: 4

Prep Time: 5 minutes

Category: Meats

Tags: Slow Cooker, beef