

Marg's Pot Roast

Amoret Evans - Clemson, SC

Treasure Classics - National LP Gas Association - 1985

Servings: 6

*3 pounds chuck roast
2 tablespoons A-1 sauce
1 envelope onion soup mix
1 can (10-3/4 ounce)
mushroom soup
heavy duty aluminum foil
vegetables of your choice
(optional)*

Preparation Time: 10 minutes

Bake Time: 3 hours

Preheat the oven to 350 degrees.

Place the roast in the center of a large piece of foil. Place in a 13x9-inch casserole dish. Brush the meat with the A-1 sauce. Sprinkle the onion soup mix over the top. Spread with the mushroom soup. Wrap loosely in the foil. Add vegetables of your choice, if desired.

Bake for 2-1/2 to 3 hours.

(If using a smaller roast, halve the onion soup mix and mushroom soup.)

Per Serving (excluding unknown items): 513 Calories; 37g Fat (66.7% calories from fat); 37g Protein; 5g Carbohydrate; 1g Dietary Fiber; 132mg Cholesterol; 843mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 4 Fat.