
Bachelor`s Roast

Mrs. Effie H Darsey - Arcadia, LA

Olde Family Favorites - Order of the Eastern Star -1965

1 four-pound beef roast

salt

pepper

garlic salt

3 tablespoons cooking oil

1 small bottle Coca-Cola

1 bottle (14 ounce) ketchup

Score the roast in several places. Fill each score with 1/2 teaspoon each of salt, pepper and garlic salt.

In a frying pan, sear the roast well on all sides in oil.

Remove the roast from the pan. Drain the excess fat from the roast. Place the roast in a foil-lined roasting pan. Pour the Coca-Cola and ketchup over the roast. Cover loosely with foil.

Bake for three hours in the oven at 325 degrees.

Beef

Per Serving (excluding unknown items): 446 Calories; 46g Fat (91.6% calories from fat); 5g Protein; 4g Carbohydrate; trace Dietary Fiber; 19mg Cholesterol; 195mg Sodium. Exchanges: 1 Lean Meat; 8 1/2 Fat; 1/2 Other Carbohydrates.