
Yankee Pot Roast

Mrs Richard Lettle - Ajo, AZ

Olde Family Favorites - Order of the Eastern Star -1965

1 four to five-pound beef pot roast
1 can (10-1/2 ounces) condensed onion soup
1/4 cup water
2 to 4 tablespoons flour

In a heavy kettle, brown the meat well on all sides. Add the soup. Cover.

Cook over low heat until the meal is done, three to four hours. Remove the meat. Thicken the gravy as desired, using a smooth paste made by blending the water with flour.

(NOTE: If desired, add vegetables after the meat has been cooking for two hours. Season. Cover. Cook until the vegetables are done, about one hour. Remove the meat and vegetables. Thicken the gravy according to the directions given above.)

Yield: 10 to 12 servings

Beef

Per Serving (excluding unknown items): 1093 Calories; 11g Fat (9.2% calories from fat); 39g Protein; 207g Carbohydrate; 9g Dietary Fiber; 19mg Cholesterol; 2139mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 Lean Meat; 3 1/2 Vegetable; 1 Fat.