

Recipe from Linda's Kitchen

11-24-2008

Name

POT ROAST

Category

MAIN DISH

Type

Keyword

ROAST

Primary Ingredient

ROAST

From

Linda Kendrick

Amount

3 lb

Ingredients

chuck roast

1 can

cream of mushroom soup

1 pkg

Lipton dry onion soup mix

2 cups

water

2-3

potatoes, cut into chunks

6 med

carrots, cut into 2" pieces

4 tbsp

soy sauce

seasoning salt to taste

pepper to taste

Preparation Instructions

Mix all ingredients except roast and pour into crock pot.

Add beef and turn to coat.

Cover and cook on low for 8 - 9 hours, or until tender

(or on high for 4 - 5 hours)

Notes: