

SIMPLE POT ROAST

Ingredients:

- 1 (3 to 4 lb) Chuck-in or Arm Roast
- 1 ½ tsp. salt
- 2 tsp. pepper
- 1 tsp. garlic powder
- ½ onion, diced
- 3 tsp. minced garlic
- 3 bay leaves
- 2 T. vegetable oil
- 1 (10.75 oz) can cream of mushroom soup
- ¼ c. red cooking wine
- 2 T. Worcestershire sauce
- 1 T. beef bouillon granules
- ¾ c. water

Directions:

1. Preheat oven to 300.
2. Mix 2 tsp. salt, 2 tsp. pepper and 1 tsp garlic powder in small bowl. Rub on both sides of the roast.
3. Heat oil on medium-low heat in large Dutch oven or oven-proof pot. Add garlic and onions and sauté for 1-2 minutes.
4. Add roast and brown, searing on both sides. Remove from heat. Add bay leaves.



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5. In small bowl, combine mushroom soup, red wine, Worcestershire sauce and beef bouillon. Pour over roast. Add water.

6. Cover with lid or foil and bake 6-8 hours or until tender (my oven seems to cook fast, so cooking time may vary).

7. Remove and discard bay leaves.

8. Serve over mashed potatoes.



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