

Pot Roast

Ingredients

- 3-4 pound chuck roast, tied or not, it does not matter
- 2 envelopes Lipton dry onion soup mix
- 3/4 cup beef stock (or water or red wine)
- Salt and pepper for seasoning
- Store bought mashed potatoes (Bob Evans is the best tasting brand IMHO)



Variations/Hints

- Slicing against the grain means you are cutting across the muscle fibers
- Shred the meat with two forks instead of slicing (this is what I do).
- The broth comes half way up the roast in the crock pot. Don't add any more.
- If your roast came tied, leave it until serving time, then cut the string.

Instructions

- Cut the excess knobs of fat from the meat.
- Salt and pepper the meat.
- Place the meat in a crock pot on low heat.
- Mix the beef stock with the dry onion soup mix.
- Pour over the meat.
- Put the lid on the crock pot.
- Walk away for 8-10 hours. If you want to baste every so often, go ahead, but it is not necessary
- Take the meat out when it has reached 145 degrees Fahrenheit. Let rest on a cutting board for 5-10 minutes.
- Spoon the grease out that has floated to the top of the broth.
- Heat up the mashed potatoes. Just don't let anyone know these are not homemade!
- Slice the meat against the grain.
- Mashed potatoes are your base, with the meat and broth topping them. Yummy!
Best served with bread to sop up any extra broth, and some kind of green veggie.