



POT ROAST OF BEEF

- 4 Pound Chuck Roast
- ¼ Cup Flour
- 3 Tablespoons Butter
- Salt and Pepper to Taste
- ½ Cup Water

DIRECTIONS

1. Combine flour with salt and pepper.
2. Dredge roast in flour mixture on all sides.
3. Brown in melted butter on all sides.
4. Add water, cover and cook in a 300 degree oven for 3 to 4 hours, until tender.
5. As liquid cooks away add more as needed.
6. Serve with vegetables and a gravy made from drippings.