



PERFECT POT ROAST

- 1/3 Cup Flour
- 8 Ounces Tomato Sauce
- 1/4 Cup Red Wine
- 1/4 Cup Water
- 1 Teaspoon Instant Beef Bouillon
- 1 Teaspoon Salt
- 1/2 Teaspoon Pepper
- 3 to 4 Pound Chuck Pot Roast
- 1/2 Pound Fresh Mushrooms
- 2 Potatoes
- 3 Carrots
- 2 Onions

DIRECTIONS

1. Preheat oven to 325 degrees.
2. Place a large cooking bag into baking dish.
3. Shake flour in the bag.
4. Add tomato sauce, wine, water, bouillon, salt and pepper to the bag and shake to mix.
5. Add roast and mushrooms.
6. Peel and quarter the vegetables, add to the bag.
7. Turn bag to coat all ingredients.
8. Close and tie bag.
9. Make six 1/2 inch slits in top and cook 2 to 2 1/2 hours or until tender.
10. Serve with gravy spooned over roast.