

Chuck Roast

5 lb - Chuck Roast -

(Striped with fat)

Brown Chuck Roast
on top of stove quickly
in butter (Brown in
roast pan - Peel onions
and slice over roast
add salt, pepper,

A-1 Sauce - Kitchen Bouquet
worcestershire (1 Teaspoon of
each) 1 Teaspoon of sugar - Cans
tomato, " corn with
H₂O and cook slowly
about 2 - 3 hr. add
carrots + peeled
potatoes about 1 hr
before serving