

Sour Creamed Pot Roast

- 2 slices bacon
- 1 3- to 4-pound beef chuck pot roast
- $\frac{3}{4}$ cup chopped onion
- $\frac{3}{4}$ cup water
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon ground cumin
- $\frac{1}{8}$ teaspoon pepper
- 1 bay leaf
- $\frac{1}{2}$ cup dairy sour cream
- 2 tablespoons all-purpose flour
- 2 tablespoons snipped parsley
- $\frac{1}{2}$ teaspoon Kitchen Bouquet (optional)
- Hot cooked noodles

Cook bacon till crisp. Drain; reserve drippings. Crumble bacon. Trim excess fat from meat. In Dutch oven brown meat on all sides in drippings. Add onion, water, salt, cumin, pepper, and bay leaf. Cover; roast at 325° for 1½ to 2 hours.

Remove meat to platter; keep warm. Skim fat from pan juices; discard bay leaf. Blend sour cream with flour. Stir about $\frac{1}{4}$ cup of the pan juices into sour cream mixture; return to pan. Cook and stir till thickened; *do not boil*. Stir in parsley, bacon, and Kitchen Bouquet. Season with salt and pepper. Serve with roast and noodles. Serves 6 to 8.

Crockery cooker directions: Prepare bacon as above; reserve drippings. Trim excess fat from roast; cut in half to fit in electric slow crockery cooker. Brown meat on all sides in drippings; transfer to cooker. Combine onion, *only* $\frac{1}{4}$ cup water, salt, cumin, pepper, and bay leaf; pour over meat. Cover; cook on low-heat setting 8 to 10 hours.

Remove roast; discard bay leaf. Skim fat from cooking juices; pour juices into saucepan. Return roast to cooker; cover. Blend sour cream with 3 *tablespoons* flour. Stir about $\frac{1}{4}$ cup of juices into sour cream mixture; return to pan. Cook and stir till thickened; *do not boil*. Stir in parsley, bacon, and Kitchen Bouquet. Season and serve as above.

Savory Blade Pot Roast

- 1 3 pound beef blade pot roast
- 1 tablespoon cooking oil
- $\frac{1}{4}$ cup red wine vinegar
- $\frac{1}{4}$ cup catsup
- 2 tablespoons soy sauce
- 2 tablespoons Worcestershire sauce
- 1 teaspoon dried rosemary, crushed
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon dry mustard

Trim excess fat from roast. In Dutch oven brown meat slowly on both sides in hot oil; remove from heat. Drain off fat; sprinkle roast with a little salt.

Combine wine vinegar, catsup, soy sauce, Worcestershire, rosemary, garlic powder, dry mustard, and $\frac{1}{4}$ cup water; pour mixture over roast. Return to heat. Cover tightly; simmer till meat is tender, 1½ to 1¾ hours.

Transfer meat to serving platter. Skim excess fat from pan juices; spoon juices over meat. Makes 6 to 8 servings.

Easy Pot Roast Dinner

- 1 envelope instant meat marinade
- $\frac{2}{3}$ cup vegetable juice cocktail
- 1 3- to 4-pound beef chuck pot roast
- 2 15- or 16-ounce cans whole white potatoes
- 1 16-ounce can cut green beans
- 1 3-ounce can sliced mushrooms
- $\frac{1}{2}$ cup cold water
- 2 tablespoons all-purpose flour

In Dutch oven mix marinade and vegetable juice. Trim excess fat from meat; place meat in marinade mixture. Marinate 15 minutes, piercing meat with long-tined fork and turning often. Cover; simmer till nearly tender, about 2¼ hours.

Drain potatoes, beans, and mushrooms; add to Dutch oven. Simmer 15 minutes more. Transfer roast and vegetables to platter; keep warm. Skim fat from pan juices. Blend cold water with flour; stir into pan juices. Cook and stir till thickened and bubbly. Spoon some of the gravy over roast; pass remaining gravy. Makes 6 to 8 servings.