

# SIMPLE POT ROAST

## Ingredients:

1 (3 to 4 lb) Chuck-in or Arm Roast  
1 ½ tsp. salt  
2 tsp. pepper  
1 tsp. garlic powder  
½ onion, diced  
3 tsp. minced garlic  
3 bay leaves  
2 T. vegetable oil  
1 (10.75 oz) can cream of mushroom soup  
¼ c. red cooking wine  
2 T. Worcestershire sauce  
1 T. beef bouillon granules  
¾ c. water

## Directions:

1. Preheat oven to 300.
2. Mix 2 tsp. salt, 2 tsp. pepper and 1 tsp garlic powder in small bowl. Rub on both sides of the roast.
3. Heat oil on medium-low heat in large Dutch oven or oven-proof pot. Add garlic and onions and sauté for 1-2 minutes.
4. Add roast and brown, searing on both sides. Remove from heat. Add bay leaves.



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5. In small bowl, combine mushroom soup, red wine, Worcestershire sauce and beef bouillon. Pour over roast. Add water.
6. Cover with lid or foil and bake 2 to 2 ½ hours or until tender (my oven seems to cook fast, so cooking time may vary).
7. Remove and discard bay leaves.
8. Serve over mashed potatoes.



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