

Roast

buy a chuck roast or shoulder roast, salt, pepper, seasoned salt. place in a roaster or big pot with a lid. Add 1/2 cup of water and 1 package of Lipton onion soup mix (sprinkled over the roast). Put lid on it. Bake at 350 for about 2 hours. Check roast at about 1 hour 20 minutes. Let it set after removing from oven for 5-10 minutes. Then remove meat from pan and make gravy out of drippings. Put 2 tablespoons flour with 1 cup water and stir. Heat drippings on stove until begins to boil. Add flour water mixture slowly stirring it in. and stir, add more water (about 2 cups) until desired thickness is achieved. Let it boil the whole time and must stir constantly. After flour mixture is added to drippings, stir for about 30 seconds to 1 minute.