

## **ROAST BEEF**

Rump or Sirloin Roast

1 pkg. Lipton Beefy Onion Soup Mix

1 Tbsp. Worcestershire Sauce

1 Bay Leaf

Salt and Pepper

water

Brown roast in a small amount of hot oil. Place in crock pot or roasting pan. Cover with remaining ingredients. Fill crock pot or roasting pan half full of water. Cover with lid or tin foil. Cook on High 5 hours or Low 8+ hours in a crock pot or 3 hours at 300E in the oven. Make gravy from drippings.

### **Brown Gravy**

Made from left-over drippings and liquid from Roast Beef

### **Crock Pot Drippings**

1 c. drippings from crock pot

½ c. COLD water

3 Tbsp. flour

Pour drippings into sauce pan. Mix flour and water until smooth. Add to drippings. Mix well. Bring to boil, then turn down stove to LOW and simmer until thick. Can double for more people.