

Recipe Crock Pot Beef Roast Makes 2 meals
and Beef and Noodles for 2 people

2 lb. Beef Chuck, Arm or English Roast
1 onion Chopped pepper
1 can Cream mushroom Soup

Spray bottom with Pam. Place
Roast and sprinkle with pepper
- Add onion and Pour soup over it.
Cover Cook on low 8-10 hr. High 6 hr.

Can put carrots and potatoes in
also.

From the kitchen of _____ (over)

Cut up remaining beef roast and gravy and refrigerate or freeze.

Beef and Noodles

Add 1 can beef broth to beef and gravy and bring to boil. Add 1-2 cups noodles and cook until noodles are tender probably 20-30 min.

- Stir every 5 min or so and add more water if needed for noodles.
- May need to add a little salt also.
- Can serve over mashed potatoes if want.