

Pot Roast in Foil



The best, no fail way to cook a roast. I give this recipe to all new brides, and they and their new husbands love it!! You can add cubed potatoes and sliced carrots to the roast before sealing it in foil, but I like to serve it over mashed potatoes and gravy. Also, you could substitute using a four pound bone-in roast.

By LBEECH



Prep: 10 mins

Servings: 8

Cook: 4 hrs

Yield: 8 servings

Total: 4 hrs 10 mins

Ingredients

- | | |
|---|--|
| <input type="checkbox"/> 3 pounds bottom round | <input type="checkbox"/> 1 packet dry onion soup mix |
| <input type="checkbox"/> 1 (10.75 ounce) can condensed cream of mushroom soup | <input type="checkbox"/> 2 tablespoons water |

Directions

Preheat oven to 300 degrees F (150 degrees C).

Place a piece of foil, about 30 inches long, into the bottom of a 9x13 inch roasting pan. Place the roast on the foil in the pan.

In a separate small bowl, combine the mushroom soup with the onion soup mix. Mix well and pour over the roast. Sprinkle with the water. Fold foil over and seal all edges.

Bake at 300 degrees F (150 degrees C) for 4 hours.



Partner Tip

Reynolds® Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

Nutrition Facts

Per Serving:

388.8 calories; 35.1 g protein; 3.1 g carbohydrates; 108.9 mg cholesterol; 410.8 mg sodium.

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Note: Chuck roast works well with this dish, too.