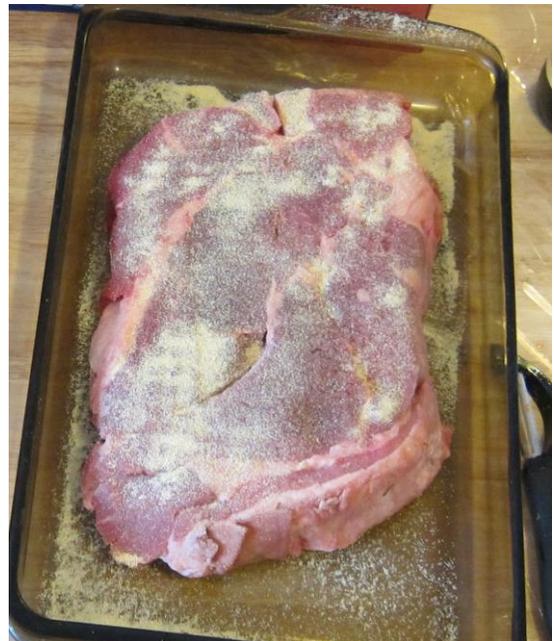


Grandma Barbara's 7-Bone Chuck Roast:



Ingredients: Potatoes, carrots, chuck roast, Worcestershire sauce, garlic powder, tomato soup or paste, water. You will also need foil.



Wash & scrub potatoes. Peel carrots. Sprinkle both sides of meat with garlic powder. (If you want to get all the blood out (Kosher it), soak the roast in water for a couple of hours first, and then rinse & repeat, and then put the garlic on it. A beef roast always has to be seasoned with garlic!) Grandma could only afford chuck roast for her family, but her recipe is delicious!



Then chop the carrots up and place them around the roast. (I do mine length wise instead of 'round' because I think it tastes better.). Also cover the potatoes with foil. The steam from their own juices will cook them, & it's easier to do it this way than to wrap them individually.





Cover meat with can of tomato soup or paste.



Next take empty can & fill half way



with Warcestershire sauce.



Next pour over tomato soup or paste.



Next fill can up with water & pour over everything else



Put in oven set for 350 (f) & cook for 3 hours. Leave meat uncovered.)



When done it looks like this!



You should be able to easily cut both the potatoes and the meat with a fork!

Grandma Barbara would get up early Sunday morning & get this in the oven & be down at Grace in time for choir practice before first service, which was at 8:30. I'm not sure, but I think she got home around noon, and this would be ready. My guess is that she either cooked it at 325 (F) or she had some kind of timer on her stove. (I've only learned how to do this in the last 10 years.)

When Grandpa was alive, Sunday was not a 'Day of Rest' for Grandma! (Maybe Sunday afternoon, but not Sunday morning.) My advice is to cook it during the week and put it in the fridge, and then heat it up on Sunday. You cannot be 're-charging your mental batteries' if you are 'freaking out' on Sunday! Start preparing your food for Sunday on Thursday night!

And when you get to Sunday, you don't have to clean up the kitchen after you feed everybody! This is your 'Day of Rest' too! You can wait until sunset and then clean up your kitchen when you have a little bit more energy.

What do you do with the leftover potatoes? As soon as they are cool enough, immediately put them in an empty bread bag in the fridge. They will keep for a couple weeks in the fridge like that. When you have time you can chop them up and freeze them for use in hash-browns, corned-beef hash, soup, or some other dish later. (& when you cook your potatoes, use real butter. They were using butter when they got off Noah's Ark! It's been around a loooong time!)