

Pot Roast Deluxe – by Mrs. Kathleen Kennamer

1 beef roast
1 tsp salt
1 tsp pepper
2 Tbs flour
6 carrots
6 medium sized potatoes
1 Tbs shortening
1 pkg onion soup mix
1 can mushroom soup



Rub roast thoroughly with salt, pepper and flour. Brown on both sides with shortening in an electric skillet at 350°. Reduce heat to simmer, sprinkle onion soup mix on top. Pour mushroom soup over roast. Simmer one hour adding a little water if necessary. Add carrots and potatoes. Simmer for 2 hours or until vegetables are tender.

- ❖ This recipe is from *Dedication Day Recipes*, a book of recipes from the Famous Basket Luncheon at the Kate Duncan Smith DAR School in Grant, Alabama. It was featured in the *PATRIOT E-News* September, 2019.