



Super Pot Roast

Recipe from Reynolds Wrap Creative Cooking with Aluminum Foil

3 to 4 pound boneless pot roast

1 envelope (1-3/8 ounce) onion soup mix

Potatoes, small onions, carrots, parsnips as desired

Arrange a long sheet of heavy duty foil in a shallow pan and place the meat in the center. Sprinkle all sides of meat with onion soup mix. Bring long ends of foil up over meat and seal with double fold. Turn other ends up and seal in same way. Bake at 350 degrees F for 2-1/2 to 3 hours or at 300 degrees F for 3-1/2 to 4 hours. When done, open one end of package and pour juices into saucepan. Skim off excess fat and serve this broth as is or thicken with mixture of flour and water.

OPTIONAL: Peel potatoes, small onions, and carrots – enough for the number of people to be served. Open the foil when cooking pot roast and add vegetables 1 hour or more before it is done. Yield: serves 6

Cook's Note: I cooked our roast in a 300 degree F. oven using a 9x13 baking dish. You might experience some juices escaping the foil. Add some water to the bottom of the pan if this happens. I added carrots and

mushrooms an hour before the roast was finished with about 1 cup water. I resealed the foil and continued to cook. I added precooked potatoes about 20 minutes before it was done so that the potatoes didn't overcook. I found a simple sprig of cilantro added beautiful color as a garnish. This is a great make ahead, all-in-one dish dinner.

About this Recipe: This was one of the most popular recipes and was so easy to prepare since it used the new dry onion soup mix. As expected, cooks added some water, mushroom soup, wine, or even tomatoes to the basic recipe. If preparing this recipe today, you might want to use a slow cooker or Dutch Oven pot. A note of caution: If you use the aluminum foil wrap, make sure to seal it securely.

AND SO THE STORY GOES....

Teen parties, television, and game playing created a demand for easy-to make meals like TV dinners. Stores started selling frozen TV dinners that had only a potatoes and meat course while other dinners had a whole meal, divided into small portion containers. The cover usually showed an attractive picture of the delicious meal.

At this time, many men were not accustomed to working in the kitchen. So what do you think happened when they were told to just heat up a TV dinner for supper? Well, some men just popped the entire package in the oven. I know you can guess how that turned out! The bottom line is that companies became much better at writing those cooking directions and including a first step: Remove the dinner from the package. I bet you always wondered why the company added that step.