



Our Family Recipes

Lou's Chuck Roast in Foil

(Louise Cheran Yerkes Thompson)

Main Dishes

Sear roast on both sides

Add vegetables: carrots, potatoes, onions and sear for a short time

Place a bay leaf in center of foil

Put roast on top of bay leaf

Add vegetables around roast

Sprinkle package of onion soup over the roast

Wrap foil tightly

Place in 250° oven for about 1 hour per pound