

# Tender Pot-Roasted Beef



PREPARATION TIME  
10 minutes



COOKING TIME  
1 hour



PERFECT PARTNER  
buttered noodles



An oven-roasting cooking bag is the secret behind this inexpensive yet delicious dinner. The moist heat formed in the bag roasts less tender cuts of beef with juicy, flavorful results.

## SHOPPING LIST

- beef roast
- carrots
- celery
- bell pepper
- lemon
- potatoes
- tomato juice
- oven cooking bag

## ON HAND

- onions
- dry mustard
- garlic
- dried thyme

## INGREDIENTS

- 1 (2-pound) bottom round or rump roast, trimmed
- Juice of 1 lemon
- 1 oven cooking bag
- 2 onions, thinly sliced
- 8 baby carrots
- 2 medium potatoes, peeled, quartered
- 4 stalks celery, sliced
- 1 green bell pepper, chopped
- 1 clove garlic, chopped
- 1 teaspoon dry mustard
- 1 teaspoon dried thyme
- 2 cups tomato juice

SERVES 4

## COOKIN' *Xpress*

• To reduce cooking time to 45 minutes, follow recipe but cut the uncooked beef into 1/2-inch-thick slices. Arrange slices, slightly overlapping, in the oven cooking bag.

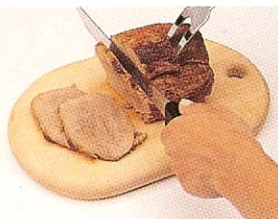
### Make Ahead

Prepare as recipe directs 2 days ahead and refrigerate. Place beef and vegetables in a microwave-safe dish; microwave on MEDIUM until heated through.

**1** Place beef in a shallow roasting pan. Sprinkle beef with lemon juice; pierce with a fork. Cover and refrigerate until ready to roast. Preheat oven to 350°F.



**3** Sprinkle beef with garlic, mustard and thyme. Pour tomato juice around beef in cooking bag. Seal bag; cut slits. Roast for 1 hour or until very tender.



### ♦ VARIATION

*Experiment with other root vegetables, such as parsnips, turnips or rutabagas, instead of the potatoes.*



**2** Prepare beef in oven cooking bag according to package directions. Return to roasting pan. Arrange onions, carrots and potatoes around beef. Top with celery and bell pepper.



**4** Remove beef from oven cooking bag. Let stand, covered, for about 5 minutes; cut into slices. Arrange vegetables around beef on a serving platter.