

No Fuss Pot Roast

3 to 3 1/2 pound boneless beef chuck roast
2 cups peeled baby carrots
1 large onion, sliced
1 bell pepper, sliced
1 large can whole potatoes
1 can tomato paste
1 cup water
1 envelope dry onion soup mix
3 tablespoons flour
1/4 teaspoon pepper

Preheat oven to 450 degrees. Place roast in large roasting pan. Surround with carrots, onion, bell pepper and potatoes. Combine all other ingredients and blend. Pour over roast and vegetables. Cover with foil. Bake 2 1/2 hours.

Courtesy of:
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