



FAMILY RECIPES

The recipes in this collection are handed down from generation to generation. In almost every case, these recipes were taken from hand-written notes. Whenever it was evident that the recipe was not original, the source is mentioned. Similarities to other's recipes is purely coincidental.

MAIN DISHES | Lou's Chuck Roast in Foil

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