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## *Slow Simmered Beef Roast*

- \* 4-pound beef chuck roast
- \* 4 tablespoons flour
- \* Montreal steak seasoning
- \* 2 tablespoons vegetable oil
- \* 1/4 cup soy sauce
- \* 1 package dry onion soup mix
- \* 6 carrots, cut in 2-inch pieces, peeled
- \* 3 large onions, peeled and quartered
- \* 3 cups quartered red new potatoes

Lightly coat beef with about 2 tablespoons flour and sprinkle with Montreal steak seasoning. Brown meat on all sides in hot oil in Dutch oven or large heavy saucepan. Combine soy sauce and 1/4 cup water and pour over beef. Sprinkle dry onion soup mix over beef. Cover and simmer for 1-1/2 hours. Add carrots, onions and potatoes; cover and simmer for 30 minutes longer, until vegetables are tender. Meanwhile, blend 2 tablespoons flour with 1/4 cup of water. Set aside. Remove beef and vegetables from pan; keep warm. Stir flour mixture into drippings until blended. Bring to boil and cook, stirring, until gravy thickens. Slice beef across grain and serve with gravy and vegetables.