

John's Yankee Pot Roast

Courtesy of John from the Kitchen of [Deep South Dish](http://deepsouthdish.com)

INGREDIENTS

- 3 to 4 pound chuck roast
- 1- 1/2 tablespoons olive or canola oil
- 1- 1/2 cups water
- 1 cup ketchup
- 1 tablespoon Worcestershire sauce
- 1 teaspoon hot pepper sauce
- 1/2 teaspoon garlic salt
- 2 cans condensed vegetable soup, undiluted
- 1/4 cup cold butter, sliced, optional
- Creamed potatoes

INSTRUCTIONS

1. Preheat the oven to 350 degrees F.
2. In a cast iron Dutch oven or other heavy bottomed, lidded pot, heat the oil and brown the meat on both sides.
3. In a separate bowl, whisk together the water, ketchup, Worcestershire sauce, hot sauce and garlic salt. Add the two cans of undiluted soup and mix well.
4. Slice butter and scatter across the top of roast. Pour the soup mixture over the top, cover and bake at 350 degrees F for about 2 hours, or until tender, stirring occasionally.
5. Serve with a side of creamed potatoes, scooping the pan gravy over the potatoes and meat, add a nice side salad and some rolls.

NOTES

I used Campbell's condensed Old Fashioned Vegetable soup and Slap Ya Mama hot pepper sauce.

Variation: Use stew meat to make this into a stew instead of a roast. Also, if you would like more substantial vegetables, you could add in a half a stalk of sliced celery and some onion in with the soup mixture, and in the last hour of cooking, add in about 3 large carrots, peeled and cut into quarters and 2 large baking potatoes, peeled and cut into chunks. Cook until meat and vegetables are tender.

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