

Creamy Chuck Roast w Mushrooms

1 Beef chuck roast (3-4lbs, tenderized)
1 T oil
1 t salt
 $\frac{1}{8}$ t white pepper
 $\frac{1}{2}$ lb fresh mushrooms, sliced
1 cup sliced onion
3 whole cloves

Combine all ingredients in Freezer bag and freeze

Cooking Day

1 14oz can beef broth
 $\frac{1}{2}$ cup sour cream
2 T flour
 $\frac{1}{2}$ cup dry white wine - not cooking wine

Combine all ingredients in crock pot and cook on low 8 hours or high 4 hours.