

Simple, Slow Cook Beef

Ingredients:

- 2-3 lbs beef, such as Chuck without bone (frozen)
- 4-oz Hunts Tomato Sauce (optional - to taste)
- Seasoning (to taste): Salt, Pepper, Garlic Powder, and Onion Powder

Instructions:

1. Pre-heat oven at 200 degrees F.
2. Add 1/2 of sauce and seasoning to oven safe (Pyrex) cooking dish.
3. Remove all packaging from beef. Rinse. Place in dish. Add remaining sauce and seasoning on top.
4. Wrap aluminum foil over top of dish. Cover with dish lid. Seal foil well against dish and lid.
5. Put in oven. Cooking time is about 7 hours or more.
6. Remove and serve.

Hints:

- Amounts are approximate.
- This recipe allows you to start with completely frozen meat. Be sure all packing or storage materials are removed before cooking. If you know you are going to make this dish, it is helpful to remove meat from grocery packing before freezing, and store in a freezer-safe plastic bag. Less chance of materials sticking to the meat.
- Tight foil seal is critical for tenderness.