

## Pot Roast *Micro*

3# chuck roast	1 pkg mushroom gravy mix
1 teas browning sauce (Kitchen Bouquet)	1 can cream of celery s.
$\frac{1}{2}$ teas Worcestershire	$\frac{1}{2}$ cup sliced onions
	1 cup water

Place Roast in Cooking Bag or Country Cooker with lid. Mix other ingredients and pour on roast in bag. (Make slits in bag) Cook on med 35 min. Stop and roll meat in juices. Cook 35 more min.

Cook meat approx 20-25 min per #.