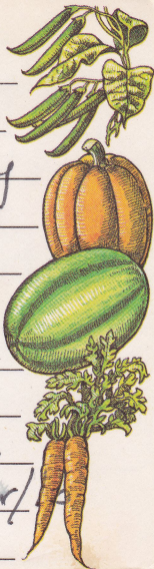


Recipe Roast Beet

from the kitchen of _____

Put meat in white (large) corning dish. Sprinkle with salt (1 tsp per lb?), pepper, & onion (on meat). Cover bottom of dish with about 1/2 inch of water (do not pour water on meat. Bake with lid on at about 300° F (No need to preheat). Try 40 min/lb (or 1 hr/ if frozen). _____ serves _____



Add carrots and potatoes (cut-up if too big) 1 to 1 1/2 hrs. before the meat is done.

Fat side up