

Questions from the Kitchen

Tips from Pat and Betty,
Reynolds Kitchens Home Economists



(NAPSA)—Dear Pat and Betty: With work, kids and everything else vying for my time, I'm looking for an easy way to prepare a hearty family meal. Any suggestions?

A. We hear that question often, so you're not alone. Hearty and healthy meals are always preferable to fast food, and they're easy to prepare with Reynolds® Oven Bags. Perfect for small and large cuts of meat, oven bags hold in moisture, allowing the meat to cook to tender perfection in its natural juices. Just place your meat, vegetables and seasonings in the bag and close it with the nylon tie that comes inside the box. Pop it in the oven, and your delicious dinner cooks with no tending, turning or basting. That gives you time to focus on other activities while dinner is cooking. Then after dinner, clean up is a snap. You just throw the bag away. There's no messy pan to scrub! Instead, you can spend that time relaxing with your family. Try this easy recipe for Savory Beef Roast. And, visit reynoldskitchens.com for other flavorful, hearty meal recipes.



Savory Beef Roast

- 1 Reynolds® Oven Bag, large size
- ¼ cup flour
- 3 to 4 pound boneless beef rump roast
- 1 tablespoon dried thyme
- ½ teaspoon seasoned salt
- ½ teaspoon pepper
- 1 jar (12 oz.) beef gravy
- 3 large peeled carrots, cut in 1-inch pieces
- 3 medium potatoes, quartered
- 2 stalks celery, cut in 2-inch pieces
- 1 medium onion, cut in 8 wedges

PREHEAT oven to 325°F.
SHAKE flour in Reynolds Oven Bag; place in 9x13x2-inch baking pan. Trim fat from roast, if desired. Sprinkle and rub seasonings evenly over roast; set aside.
ADD gravy to oven bag; squeeze bag to blend in flour. Add vegetables to bag; turn bag to coat vegetables with gravy. Arrange vegetables evenly around outside edges of bag. Place roast in center of vegetables.
CLOSE oven bag with nylon tie; cut six 1/2-inch slits in top of bag. Tuck ends of bag in pan.
BAKE 1 1/2 to 2 hours, until meat thermometer reads 160°F.

Makes 9 to 13 (3 oz.) servings.