

Budget Stretching Food Ideas

Food Savings Are In The Bag



Homestyle Pot Roast is an economical meal that families enjoy.

(NAPSA)—You don't have to break your budget to feed your family tasty meals.

Simple things, such as cooking less expensive cuts of meat, can help save you money. The key is to use an oven bag to make chuck roast and similar cuts more tender. Oven bags, such as those made by Reynolds, trap in the moisture to help transform tough cuts of meat into tender, juicy, delicious meals.

And, cleanup is easy since all the juices stay in the bag. The bonus is that there is no dirty pan to scrub.

Here's a family-favorite recipe to try:

Homestyle Pot Roast

1 Reynolds Oven Bag, Large Size

¼ cup flour

¾ cup water

1 envelope dry onion soup mix

3- to 3½-pounds boneless beef roast

4 medium red potatoes, cut in quarters

1 medium onion, cut in quarters

1 package (16 oz.) peeled baby carrots

PREHEAT oven to 325°F.

SHAKE flour in Reynolds Oven Bag; place in 9x13x2-inch baking pan.

ADD water and onion soup mix to oven bag. Squeeze bag to blend in flour. Add beef to bag. Turn bag to coat beef with sauce. Place potatoes, onion and carrots in bag around beef.

CLOSE oven bag with nylon tie; cut six ½-inch slits in top. Tuck ends of bag in pan.

BAKE 2½ hours or until beef is tender. Makes 7 to 9 servings.

For more information, tips and recipes, visit the Web site www.reynoldsovenbags.com.