**ROAST BEEF AND GRAVY**

**3 to 4 lbs. roast beef**

**1 pkg. dry mushroom soup mix**

**1 pkg. onion soup mix**

**1 can mushroom soup**

**1 can of coke**

**Oil, to sear roast**

**Flour, about a cup**

**Salt and pepper**

**Salt, pepper and flour roast, ( use just enough to flour roast. Set rest aside to stir into liquid.)**

**Heat oil in skillet and heat and brown roast**

**Mix mushroom and onion soups. Add cola and mix in flour.**

**add About a cup of water. Put roast in roaster and add liquid .**

**You may have to add a little more water as you want to just cover roast.**

**Seal roasting pan tight. I cover with aluminum foil and then put lid on.**

 **Cook at 275 for about 2 or 2 ½ hours.**

 **Bon-appetite April 12, 2013**