
Marinated Chuck Roast

Home Cookin - Junior League of Wichita Falls, TX - 1976

3 pounds chuck roast , 1-1/2 to 2 inches thick

1 teaspoon MSG, rubbed on the roast

1/3 cup wine vinegar

1/4 cup ketchup

2 tablespoons cooking oil

2 tablespoons soy sauce

1 tablespoon Worcestershire sauce

1 teaspoon prepared mustard

1 teaspoon salt

1/4 teaspoon pepper

1/4 teaspoon garlic powder

Place the MSG, vinegar, ketchup, cooking oil, soy sauce, Worcestershire, mustard, salt, pepper and garlic powder in a bowl.. Mix thoroughly.

Place the roast in a shallow roasting pan. Pour the marinade over the roast. Marinate for two to three hours.

Bake in the oven at 350 degrees for approximately 1-1/2 hours.

Yield: 4 to 6 servings

Beef

Per Serving (excluding unknown items): 354 Calories; 28g Fat (66.4% calories from fat); 4g Protein; 28g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 5712mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 5 1/2 Fat; 1 1/2 Other Carbohydrates.