



FOILED CHUCK ROAST

- 4 Pound Chuck Roast
- 4 Teaspoons Meat Tenderizer
- 1 Envelope Sloppy Joe Mix
- 1 Onion, Cut into Thick Slices
- ½ Cup Water
- Juice of 1 Lemon

DIRECTIONS

1. Tenderize chuck roast with meat tenderizer.
2. Place roast on two sheets of aluminum foil.
3. Sprinkle with contents of sloppy Joe seasoning, then top with onion slices.
4. Combine water and lemon juice; pour over meat.
5. Wrap roast securely in foil.
6. Cook on a grill or fire for 1 to 1 ½ hours.
7. Alternately, cook in a 425 degree oven for 2 hours.