

# Roast w/ Carrots & Potatoes

## Ingredients:

4-5lb roast

5 lbs potatoes

6 Cans of Carrots

(2) 24-28 Cans tomato sauce or crushed tomatoes

salt

## Directions:

Preheat oven to 350°F. Place roast in large roast pan and generously salt down. Add 1-2 cups of water to the roasting pan. Bake covered for 2-3 hours. Peel the potatoes, rinse them and cut them into 1- to 2-inch pieces. Salt the potatoes and add the potatoes to the roast. Bake for an additional 1-2 hours. Shred roast meat from bones. In large pot, mix roast meat, potatoes, carrots and tomato sauce over medium heat. Mash and mix until desired consistency. Freeze leftovers.