



Somethin' In The Oven With Shana Lovin is on KRIG 104.9 FM every Wednesday morning at 8:15:

Herbed Roast

1 Chuck Roast (about 2-3 lbs)

1 pkg dry ranch mix

1 pkg dry Italian mix

1 stick butter

1/4 cup water

Put Roast in crock pot.... Sprinkle both mix pkgs over roast and place butter on top. Pour water around today, but not over mixes. Cook in crock pot about 5 hrs.... Can add potatoes , carrots or anything you like.

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