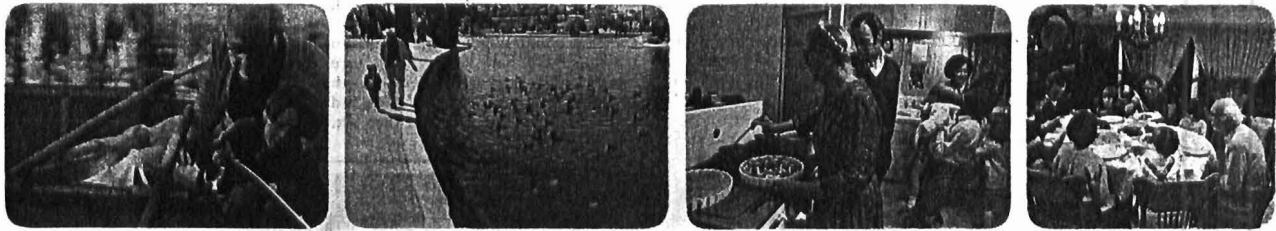


Hunt's sauce makes Wednesday special



"Wednesday's his day for the grandchildren. Then, in the evening, the family's



here for my pot roast. I make it with Hunt's Tomato Sauce and they eat it

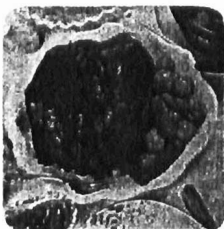


up. They love my Wednesday specials. But really...I still cook to please him."

Country Pot Roast

3 to 4 lbs. lean chuck or rump roast
 1 bay leaf
 1 Tablesp. paprika
 8 to 10 small white onions, whole
 8 small carrots
 2 teasp. salt
 2 (8-oz.) cans or 1 (15-oz.) can Hunt's Tomato Sauce with Tomato Bits
 1/4 teasp. pepper
 2 Tablesp. Wesson Oil
 2 Tablesp. minced parsley
 1/2 cup water
 1 cup sour cream

Trim excess fat from meat; sprinkle with paprika, salt, pepper; brown in hot Wesson in large pan. Add water and bay leaf; cover; simmer 1 1/2 hours. Add onions, carrots and Hunt's sauce; cover and simmer 1 hour or until tender. Add parsley. Remove from heat and gradually stir in sour cream. 6 to 8 servings.



For your free Hunt's sauce "Winning Recipes" Cookbook, please enclose 10c to cover handling costs. Write "Winning Recipes" Box 3831M, Hunt-Wesson Foods, Fullerton, Calif. 92634.

M. C. A. 12/70

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