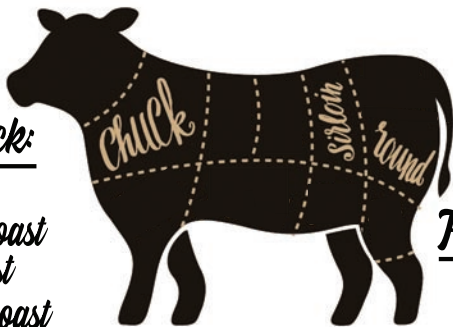


What Beef Can I Use For A Pot Roast?



From the chuck:

Chuck roast
Chuck center roast
Chuck eye roast
7-bone chuck roast
Arm roast
Blade roast
Shoulder roast

From the sirloin:

Tri-tip roast

From the round:

Top round roast
Bottom round roast
Eye of round roast
Rump roast

more details at
myfearlesskitchen.com

