



THANK YOU for joining CPC in providing hearty, pot roast meals to The Lamb Center homeless shelter each month. There are 3 ways to help:

- 1** PREPARE MEAL IN ADVANCE (UNCOOKED)  
Bring to CPC (uncooked) on Sunday or by 3:00pm on the 3rd Monday. Put in the refrigerator. It will be cooked in the church ovens on Tuesday morning.
- 2** PREPARE MEAL IN ADVANCE (COOKED)  
Cook meal and refrigerate. Deliver to CPC by 9:00am on the 3rd Tuesday of the month. It will be re-heated in the church ovens prior to delivery.
- 3** COOK MEAL ON DELIVERY DAY (3rd Tuesday of the month)  
Cook that morning and bring to CPC, hot and ready to go by 10:00am.

Please be sure to indicate the date(s) you plan to bring your meals [HERE](#).

## EASY POT ROAST RECIPE

3-4 lb. pot roast (rump roast is the best option because it's leaner, less fat)

2 pkg. Lipton onion soup mix

2 small bags of red potatoes

2 small bags of baby carrots

1 12 oz. can Coke "classic"

1 Cooking bag

1 Heavy-duty disposable pan

Wash and cut veggies, as needed. Put roast in cooking bag. Place in disposable pan. Sprinkle with onion soup mix, and add the Coke and veggies. Close bag and cut small hole in bag. Cook for 3 hours at 350 degrees.



Questions? Contact Carol Wallace  
carol.k.wallace@gmail.com



**FROM:**

**MEAL FOR:  
(DATE)**



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(DATE)**



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(DATE)**



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