



# Beef and Vegetable Pot Roast

Servings 10 | Prep time 10 mins. | Total time 10 hours 10 mins.

**Equipment:** Slow Cooker or Crockpot, Large Frying Pan, Small Bowl, Measuring Cups and Spoons

**Utensils:** Serving Spoon

## Ingredients

- 1 boneless beef or chuck roast (3 to 3-1/2 pounds)
- 1 tablespoon olive or vegetable oil
- 2 pounds baby carrots
- 6 medium potatoes, quartered
- 1 large onion, quartered
- 3 teaspoons CYP Salt-Free All-Purpose Seasoning, or meat seasoning mixture
- 1 carton (32 ounces) low-sodium beef broth
- ¼ teaspoon salt

# Instructions

1. Before you begin, wash your hands, surfaces, produce, and utensils.
2. In a large frying pan over medium heat, brown roast in oil on all sides.
3. Place carrots, potatoes, and onion in a 6-qt. slow cooker. Place roast on top of vegetables; sprinkle with steak seasoning and salt. Add broth and cover with slow cooker lid.
4. Cook on low for 10-12 hours, until beef and vegetables are tender.

## Nutritional Information:

Calories 300   Total Fat 10g   Sodium 250mg   Total Carbs 32g   Protein 20g