



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

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