



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