



Beef and Vegetable Pot Roast

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

Equipment:

Slow cooker
Large frying pan
Small bowl

Utensils:

Serving spoon
Measuring cups and spoons

Ingredients

1 3 to 3 1/2 pound boneless beef OR chuck roast
1 tablespoon olive oil OR vegetable oil
2 pounds baby carrots
6 medium potatoes, quartered
1 large onion, quartered
3 teaspoons Celebrate Your Plate Salt-Free All-Purpose Seasoning OR meat seasoning mixture
1 32 ounce carton low-sodium beef broth
1/4 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. Plate carrots, potatoes, and onion in a 6 quart slow cooker. Place roast on top of vegetables; sprinkle with seasoning blend 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