



Favorite Pot Roast

KITCHEN EQUIPMENT NEEDED

Knife
Cutting board
Measuring spoons
Liquid measuring cup
Small bowl
Can opener
Crock pot



INGREDIENTS

- 3–4 pound beef rump or chuck roast
- 1 teaspoon salt
- ½ teaspoon seasoned salt
- ¼ teaspoon pepper
- ¼ teaspoon paprika
- 1 tablespoon instant minced onion
- 1 cup beef broth

DIRECTIONS

1. Combine salt, seasoned salt, pepper and paprika in a small bowl.
2. Rub all sides of meat with the spice mixture.
3. Place seasoned beef, onion and bouillon in a crock pot.
4. Cover and cook on low 8–10 hours.
5. Remove from slow cooker. Let rest for 15–30 minutes and slice.

NOTES

This recipe works well to *prepare in advance* due to the long cooking time.

If instant minced onion is unavailable, you can substitute fresh chopped onion.

If desired, vegetables such as potatoes, carrots, small white onions, celery or turnips may be added with the beef broth and cooked at the same time as the meat.

Use leftover meat in sandwiches, burritos or tacos.

NUTRITION INFORMATION PER SERVING (Makes 8 servings)

Made with 4-pound chuck roast, fat trimmed.

Calories **370** | Total Fat **20 g** | Saturated Fat **7 g** | Protein **43 g**
Carbohydrates **0 g** | Fiber **0 g** | Sodium **630 mg**