

Slow Pot Roast & Veggies

Mary Ellen Futch

2-1/2 - 3 lb Chuck Roast

2-3 Russet Potatoes or 1 lb small red Potatoes

3 large Carrots or handfull baby carrots

½ to 1 med to large onion, sliced

16 oz bag of Frozen Green Beans, optional

1 can cream of onion soup (or Cream of Mushroom, or Cream of Chicken or Cream of Celery)

1/2 can beef broth (or chicken broth or water

2 packets soy sauce (or 2 tsp soy sauce, or Worchester Sauce)

1/2 packet Lipton Onion Soup (about 1 Tbsp)

1 packet Italian Dressing mix

Low for 6-7 hours (internal temp 165)

Spray Slow Pot with Pam

If using whole Carrots, Peel Carrots, Trim top/bottom. Layer in pot.

Wash Potatoes, Cut into quarters. Add to edges of pot.

Cut onion in half. Slice 1/4" & arrange between Carrots and Potatoes.

Add 1/2 cup water. (Don't always use this)

Lay Roast on top.

Wisk together remaining ingredients & pour over roast, covering it.

If you want the Frozen Green Beans, add about halfway through cooking

Cook on low for 6-7 hours or until internal temperature is 165°.

6 servings (ish)