



Pot Roast - Crockpot

Yield: 10 servings

Source: VA dietitian

Ingredients:

- 3 tablespoons oil
- 3 lb. bottom round roast
- 2 tablespoons garlic salt, divided
- 1 cup no-salt-added beef broth
- 1 medium onion, sliced
- 1 tablespoon Worcestershire sauce
- 2 tablespoons soy sauce
- Pepper, to taste
- 3 carrots, peeled and cut into 2-inch pieces
- 2 potatoes, peeled and quartered
- ½ cup water or beef broth

Directions:

1. This step is optional and can be skipped. In a large pan heat olive oil. Season with 1 tablespoon garlic salt. Sear all sides of roast, about 1-2 minutes per side. Remove and place in crockpot.
2. If step one is skipped place all ingredients except oil into crockpot. Cook on low 6-8 hours or high 4-5 hours or until internal temperature reaches 145°F.

Note: Replace potatoes with radishes and/or add parsnips, winter squash or sweet potatoes

Nutrition information:

Serving size 3 oz portion

Calories: 221

Fat: 6.5g

Sodium: 596mg

Carbohydrates: 9g

Sugar: 2g

Fiber: 1g

Protein: 32g