

Main Dish

Tender All Day Roast

Makes 8-10 servings

Prep Time: 15-20 minutes

Cooking Time: 7-9 hours

Ideal slow-cooker size: 6-qt.

Allergy Alert: None

Ingredients

3-5-lb. beef roast

3-4 carrots, cut in 1-inch chunks

4-5 medium potatoes, cut in 1-inch chunks

1 lb. frozen, or fresh, green beans

1 large onion, cut in wedges

1&1/2 cups water

2 cloves garlic, minced

salt to taste

pepper to taste

2-3 Tbsp. Worcestershire sauce

1 pkg. dry onion soup mix, beef, or mushroom, flavor

Slow Cooker Instructions

1. Place vegetables and water into slow cooker.
2. Place beef roast on top of vegetables.
3. Sprinkle garlic over meat, followed by salt and pepper to taste.
5. Gently pour Worcestershire sauce over soup.
6. Sprinkle with dry onion soup mix.
7. Cover. Cook on High 5-6 hours.
8. Reset temperature to Low. Continue cooking 2-3 more hours, or until vegetables and meat are fork-tender, but not dry or mushy.

Dutch Oven Instructions

Ready for Testing and Writing