

Crock Pot Roast & Veggies

**SIRLOIN OR CHUCK ROAST SEASONED WITH:
SEASONED MEAT TENDERIZER**

WEBER STEAK N CHOP

GARLIC SALT

OLIVE OIL

5 LARGE CARROTS

5 MEDIUM POTATOES

1 LARGE ONION

WORCESTERSHIRE SAUCE

SALT & PEPPER

1/2 CUP BROWN GRAVY MIX

IF SIRLOIN ADD 1/4 STICK OF SALTED BUTTER

2-3 CUPS WATER

Season your roast by sprinkling well with meat tenderizer, steak n chop, and garlic salt then lightly coat your roast with all-purpose flour and sear all sides on Medium/high heat until brown. (if large cut into two pieces before searing) Add to bottom of crock pot. Use crock pot liner for easy cleanup or spray with cooking spray. Clean, peel and cut up vegetables. Slice carrots in half and then quarter. Slice potatoes in half and quarter. Cut onions into 1-inch pieces. Add brown gravy mix and 3 dashes of Worcestershire sauce to top of roast. Salt and pepper the veggies and add to the crockpot. Add 1/4 stick of butter if you use a lean cut of meat. Add water by pouring around the edge of the crock being careful not to knock seasonings off food. Press vegetables into the bottom until they are barely covered with water. Cook on low 8 hours or high 5 hours.

GRAVY: Thicken with 1/2 cup milk whisked with 2 tbsp. of cornstarch (or 4 tbsp. self-rising flour) and pour into roast if desired.