

Crock Pot Roast & Veggies

ROAST

WEBER STEAK-N-CHOP

GARLIC SALT

1/4 CUP ALL-PURPOSE FLOUR (WHITE-LILY)

1/8 CUP OLIVE OIL OR VEGETABLE OIL

5 LARGE CARROTS (WASH, & PEEL)

5 MEDIUM POTATOES (WASH & PEEL)

1 LARGE ONION (PEEL)

1/2 CUP BROWN GRAVY MIX

5 DASHES WORCESTERSHIRE SAUCE

SALT & PEPPER

2-3 CUPS WATER

OPTION: ADD 1/2 STICK SALTED BUTTER (IF EYE OF ROUND, BOTTOM ROUND, SIRLOIN OR LEANER ROAST IS BEING USED)

Use crock pot liner for easy cleanup or spray pot with cooking spray. If roast is large, cut it into two pieces. Season roast well with meat tenderizer, steak-n-chop, and garlic salt. Lightly coat roast with all-purpose flour. Preheat a large skillet or stockpot, once hot, add olive oil. Add meat, brown all sides. Once brown add meat to crock pot. Slice carrots in half, then in quarters. Slice potatoes in half and quarter. Cut onions into 1-inch pieces. Add brown gravy mix and Worcestershire to top of roast. Salt and pepper vegetables and add to crockpot. Add butter if using a lean cut of meat. Pour water around edges of crock being careful not to rinse seasonings off food. Water should reach top of roast and just over vegetables. Cook on low 8 hours or high 5 hours.

GRAVY: Whisk together 1/2 cup cold milk & 3 heaping Tbsp. of cornstarch (or 6 Tbsp. self-rising flour). Whisk very well until all starch is combined. Pour into roast. Cook on higher temperature until gravy thickens. Turn down heat. Enjoy!