

Crock Pot Roast Beef

Servings: 6

Prep Time: 15 minutes

Cook Time: 4 hours

Ingredients

- 1 – 3 lb pot roast
- ¼ tsp of salt
- ¼ tsp of pepper
- 1 tbsp olive oil
- 1 12 – 16 oz bag of baby carrots
- 1 – 2 pound bag of baby yellow potatoes
- ½ medium white onion diced
- 1 cup of low sodium beef broth
- 1 packet of brown gravy mix
- 1 packet of onion soup mix

Instructions

- Heat on medium high a large skillet (big enough for the pot roast)
- Season both sides of the pot roast with salt and pepper.
- Add the olive oil to the skillet
- Add the pot roast and sear on both sides. 4-5 minutes for each side
- Add the baby carrots, potatoes, and onion to the bottom of the crock pot
- Place the seared roast beef on top of the vegetables
- In the skillet over medium heat and add the beef broth. Then whisk and scrape the bottom of the skillet to get the bits into the broth.
- Pour into the broth the gravy mix and onion and mix.
- Pour the broth mixture into the crock pot over the pot roast beef.
- Cook on HIGH for 4-5 hours until the meat is flaky
- Place the meat on a serving dish and vegetables with liquid in a serving bowl.

When serving, place a portion of the meat on a dish, with the vegetables next to it. Then pour some of the vegetable liquid over both.