

Beef Pot Roast

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The perfect traditional pot roast is easy to achieve with the help of a crock pot. Potatoes, carrots and onions are cooked to perfection along with a tender roast and the result is a savory and delicate meat dish that will be a hit for family dinners or holidays.

Ingredients:

3 lbs of rump or chuck roast
3 medium potatoes, cut into 1-inch pieces
3 medium carrots, cut into 1-inch pieces
2 medium onions, cut into large pieces
½ cup of beef broth
1 teaspoon of salt
Pinch of freshly ground black pepper

Directions:

1. Sprinkle roast with salt and pepper.
2. Place half of the potatoes, carrots and onions in the bottom of a large crock pot. Place roast on top and add remaining vegetables.
3. Cover with beef broth and cook on low for 8-10 hours or until beef is tender.

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