

Beef Roast and Vegetables in a Slow Cooker

A one pot meal!

6 servings

Ingredients:

4 small potatoes
4 medium carrots
1 medium onion
1 1/2- to 2-pound beef round roast
1 teaspoon salt
1 teaspoon pepper
1 to 1 1/2 cups water
2 tablespoons vinegar

Chef's Choice

Roast Beef
Potatoes
Carrots
Apple Slices
Low Fat Milk

Directions: **1.** Peel potatoes using a vegetable peeler, rinse and cut into cubes. **2.** Peel carrots, rinse and cut into 1-inch slices. **3.** Peel onion, rinse and cut into small pieces. **4.** Season meat with salt and pepper. **5.** Place roast in center of slow cooker that has been sprayed with cooking spray. Wash your hands with soap and water. Place potatoes, carrots and onions around the roast. Add enough water to barely cover vegetables; add vinegar. Put the lid on the slow cooker and cook on the low temperature setting for 8 to 10 hours or until internal temperature reaches 160 degrees.

Nutrition Facts: One serving provides 410 calories, 20g total fat, 95mg cholesterol,

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



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