

Beef Roast and Vegetables in a Slow Cooker



Level: Medium

A one pot meal!

Serves: 6

Kids' Tool Kit

Cutting board
Sharp knife
Vegetable peeler
Measuring spoons
Measuring cup
Slow cooker
Fork



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



Directions:

Remember to wash your hands!

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.
6. 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.

Chef's Choice

Beef Roast
Potatoes
Carrots
Apple slices
Low fat milk

Nutrition Facts

Serving Size (365g)
Servings Per Container 6

Amount Per Serving
Calories 410 Calories from Fat 180

% Daily Value*

Total Fat 20g 31%

Saturated Fat 8g 40%

Cholesterol 95mg 32%

Sodium 490mg 20%

Total Carbohydrate 23g 8%

Dietary Fiber 3g 13%

Sugars 5g

Protein 33g

Vitamin A 230% • Vitamin C 20%

Calcium 4% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Helpful Hints: Kids may need adult supervision preparing this recipe

Using a slow cooker is a convenient way to have a delicious meal at the end of a long day without having to spend hours at the stove. A slow cooker cooks food slowly at a low temperature —generally between 170 and 280 degrees. The low heat helps less-expensive, leaner cuts of meat become tender and shrink less. The vinegar also helps tenderize because it is an acid that helps break down the fibers in the meat.

Always thaw meat or poultry before putting it into a slow cooker. For flavor variations, herbs such as marjoram, thyme and rosemary or other vegetables can be added. Cut vegetables into pieces approximately the same size and place around the meat in the slow cooker so they will cook evenly and be ready to eat at the same time. Remember to add water or other liquid to cover the vegetables for moistness.



Safety Tip: Begin with a clean slow cooker, clean utensils and a clean work area. Wash hands before and during food preparation and always after handling raw meat. Keep the lid in place while cooking, removing only to stir the food or check for doneness. Use a clean spoon to stir each time. At the end of cooking, the internal temperature of the roast should reach 160 degrees to be safe.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.