



BEEF POT ROAST

SUBMITTED BY: RACHEL SCHLENDER

Ingredients:

2-4 lb Beef chuck Roast

1/2 cup flour

3 carrots(sliced)

Medium onion(or to your taste)

1 head of celery

3 red potatoes quartered

Mushrooms(16 oz)(sliced)

1 1/2 cups Beef broth(unsalted)fat free

Salt and pepper(to your liking)

Instructions:

Coat Roast with flour and salt and pepper and pan sear on both sides.

Add vegetables to bottom of slow cooker

Add roast on top

Top roast with sliced mushrooms

Pour beef broth over it

Cook on low 10 hours.