

Easy Pot Roast Crock Pot Recipe

★★★★★ *_4.9 from 15 reviews*

This is a simple crock pot meal, it is simply a chuck roast with potatoes and carrots with a sauce over it.

Author: My Natural Family

Cook Time: 330 minutes

Yield: 12 servings

Cuisine: Paleo

Prep Time: 15 minutes

Total Time: 315 minutes

Category: Main Course

INGREDIENTS

- 3 lbs Chuck Roast
- 5 Potatoes (cut into chunks (parsnips for Paleo)
- 1 Onion (cut into chunks)
- 4 Carrots (cut into chunks)
- 2 cups Beef Stock or broth
- 2 cups Water
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/2 tsp Italian Seasoning
- 1/4 tsp Real Salt
- 1/4 tsp Pepper

INSTRUCTIONS

1. First cut all of the potatoes and onions into large chunks. Using large chunks (about 2 inches square) makes sure they don't turn to mush in the crock pot.
2. First add the Roast to the crock pot, then the potatoes and onions and carrots (if used).
3. Then add the seasonings over top.
4. Next add the beef stock. The roast should be covered in liquid so add water until it is covered.
5. Depending on your crock pot and how fast it cooks will depend on the time. Mine is pretty hot so it took about 5 hours on high/10 hours on low.
6. You will know it is done when you put a fork in it and it just falls apart.
7. Once it is done remove the roast, potatoes, onions, and carrots from the crock pot and enjoy.
8. You can use the juice over your roast or you can make a gravy by putting it on the stove and bringing to a boil while whisking in flour to the desired texture.



Nutrition Facts

Serves 12

Amount Per Serving

Calories **239**

% Daily Value*

Total Fat 5.9g **9%**

Saturated Fat 1.6g

Trans Fat 0g

Polyunsaturated Fat 0.4g

Monounsaturated Fat 2.2g **0%**

Cholesterol 66.9mg **22%**

Sodium 258.3mg **11%**

Total Carbohydrate 19.4g **6%**

Dietary Fiber 2.9g **12%**

Sugars 2.4g

Protein 26.2g **52%**

Vitamin A 170µg **11%**

Vitamin C 10mg **17%**

Calcium 33mg **3%**

Iron 3.5mg **20%**

Potassium 863.5mg **25%**

Zinc 5.8mg **39%**

Phosphorus 287.6mg **29%**

Niacin (B3) 5.1mg **26%**

Vitamin B6 0.7mg **35%**

Vitamin B12 3.6µg **61%**

Keywords: beef roast, carrots, onions, crock pot roast

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