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

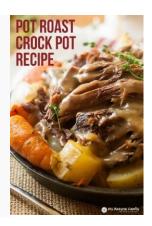
INGREDIENTS

- 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

• 1/4 tsp Feppe

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.



Serves 12	
Amount Per Serving	
Calories	239
% Da	ily Value
Total Fat 5.9g	99
Saturated Fat 1.6g	
Trans Fat 0g	
Polyunsaturated Fat 0.4g	
Monounsaturated Fat 2.2g	09
Cholesterol 66.9mg	229
Sodium 258.3mg	119
Total Carbohydrate 19.4g	6
Dietary Fiber 2.9g	129
Sugars 2.4g	
Protein 26.2g	529
Vitamin A 170µg	119
Vitamin C 10mg	179
Calcium 33mg	39
Iron 3.5mg	209
Potassium 863.5mg	259
Zinc 5.8mg	399
Phosphorus 287.6mg	299
Niacin (B3) 5.1mg	269
Vitamin B6 0.7mg	359
Vitamin B12 3.6µg	619

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

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