

Amazing Beef (Slow Cooker)

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Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*2 to 3 pound boneless
chuck roast
4 cloves garlic, chopped
1 jar (24 ounce)
pepperoncini peppers*

Place the roast and chopped garlic into a slow cooker.

Dump the entire jar of peppers and liquid over the top.

Cook for ten to twelve hours on LOW heat.

Delicious on rolls.

Per Serving (excluding unknown items): 21 Calories; trace Fat (1.6% calories from fat); 1g Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1 Vegetable; 0 Other Carbohydrates.