

# Cooked Rump Roast (Slow Cooker)

Mimi Walker - Palmyra, PA  
Taste of Home Grandma's Favorites

## Servings: 8

*1 (3 to 3-1/2 lb) rump roast  
or bottom round roast  
2 tablespoons canola oil  
4 medium carrots, halved  
lengthwise, cut into two-inch  
pieces  
3 medium potatoes, peeled  
and cut into chunks  
2 small onions, sliced  
1/2 cup water  
6 to 8 tablespoons  
horseradish sauce  
1/4 cup red wine vinegar  
1/4 cup Worcestershire  
sauce  
2 cloves garlic, minced  
1 1/2 to 2 teaspoons celery  
salt  
3 tablespoons cornstarch  
1/3 cup cold water*

## Preparation Time: 10 minutes

### Slow Cooker: 8 hours

Cut the roast in half. In a large skillet, brown the meat on all sides in oil over medium-high. Drain.

Place carrots in a five-quart slow cooker. Top with the meat and onions. Combine the water, horseradish sauce, garlic and celery salt. Pour over the meat.

Cover. Cook on LOW until meat and vegetables are tender, about eight hours.

In a bowl, combine the cornstarch and cold water until smooth. Stir into the slow cooker.

Cover and cook on high until gravy is thickened, about 30 minutes.

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Per Serving (excluding unknown items): 141 Calories; 6g Fat (39.5% calories from fat); 2g Protein; 20g Carbohydrate; 2g Dietary Fiber; 6mg Cholesterol; 427mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 1 Fat; 0 Other Carbohydrates.