

# Herb-Crusted Beef Roast (Slow Cooker)

Barbara C. Jones  
Easy Slow-Cooker Cookbook

## Servings: 6

*(two to three pound) beef  
rump roast  
salt (to taste)  
pepper (to taste)  
1/4 cup fresh parsley,  
chopped  
1/4 cup fresh oregano  
leaves, chopped  
1/2 teaspoon dried  
rosemary leaves  
1 teaspoon minced garlic  
1 tablespoon oil  
6 slices thick-cut bacon*

## Preparation Time: 15 minutes

### Slow Cooker: 8 hours

Rub the roast with a little salt and pepper.

In a small bowl, combine the parsley, oregano, rosemary, garlic and oil. Press the mixture on the outside of the roast.

Place the roast in a slow cooker. Place the bacon over the top of the beef and tuck the ends under the bottom. Cover.

Cook on LOW for six to eight hours.

*The roast can be marinated overnight in advance of applying the herb crust.*

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Per Serving (excluding unknown items): 22 Calories; 2g Fat (92.6% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Vegetable; 1/2 Fat.

