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# Luke`s Drunken Slow Cooker Roast

*Luke Howlett*

*St Therese de Lisieux Commemorative Cookbook -2010*

**5 to 6 pound chiuck roast**

**2 cans (10-3/4 ounce ea) French onion soup**

**18 ounces beer**

**1 teaspoon coarsely ground black pepper**

**2 cubes beef bouillon**

Preheat the oven to 400 degrees.

Place the roast in a roasting pan. Cook in the oven for one hour.

Move the roast to a large slow cooker. Add the soup, beer, pepper and bouillon. Stir.

Cook on HIGH heat for four to five hours or until tender.

(May also be cooked overnight on LOW heat.)

## **Beef**

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*Per Serving (excluding unknown items): 248 Calories; 1g Fat (10.6% calories from fat); 4g Protein; 23g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2749mg Sodium. Exchanges: 0 Grain(Starch).*