

Slow Cooker Pot Roast

Donna Chandler - Jensen Beach, FL
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4 medium potatoes, quartered
2 cups baby carrots
1 stalk celery, cut into one-inch pieces
2 1/2 pounds boneless beef chuck
roast
1/2 teaspoon pepper
1 can tomato with roasted garlic and
herbs soup
1/2 cup water

Place the potatoes, carrots and celery into a
3-1/2-quart slow cooker.

Season the roast with pepper and place on top
of the veggies.

Mix the soup and water. Pour over the roast and
veggies.

Cover and cook on LOW for ten to twelve hours
or on HIGH for five to six hours.

Per Serving (excluding unknown
items): 574 Calories; 3g Fat (4.4%
calories from fat); 14g Protein;
128g Carbohydrate; 17g Dietary
Fiber; 0mg Cholesterol; 234mg
Sodium. Exchanges: 6
Grain(Starch); 8 Vegetable; 0 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	574	Vitamin B6 (mg):	1.3mg
% Calories from Fat:	4.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	86.0%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	9.6%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	3g	Folacin (mcg):	230mcg
Saturated Fat (g):	trace	Niacin (mg):	11mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	128g	Food Exchanges	
Dietary Fiber (g):	17g	Grain (Starch):	6
Protein (g):	14g	Lean Meat:	0

Sodium (mg): 234mg
Potassium (mg): 4098mg
Calcium (mg): 166mg
Iron (mg): 7mg
Zinc (mg): 2mg
Vitamin C (mg): 139mg
Vitamin A (i.u.): 71079IU
Vitamin A (r.e.): 7108RE

Vegetable: 8
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 574 Calories from Fat: 25

% Daily Values*

Total Fat	3g	5%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	234mg	10%
Total Carbohydrates	128g	43%
Dietary Fiber	17g	69%
Protein	14g	
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Vitamin A		1422%
Vitamin C		231%
Calcium		17%
Iron		41%

** Percent Daily Values are based on a 2000 calorie diet.*