

So-o-o-o Easy Pot Roast (Slow Cooker)

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Servings: 4

2 1/2 pounds beef roast (or lean stew meat)

1 package frozen stew vegetables

1 can whole white potatoes

1 package stew mix seasonings

1 can brown gravy

1 can tomato sauce

Place the stew vegetables and well-rinsed drained potatoes in the bottom of a crockpot.

Place the meat on top.

Sprinkle the stew mix powder over all.

Pour the gravy and tomato sauce over the top (do not dilute and do not mix).

Cook on LOW heat for ten hours.

Per Serving (excluding unknown items): 37 Calories; 1g Fat (11.7% calories from fat); 1g Protein; 8g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 640mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fat.