## Four-Ingredient French Onion Crockpot Pot Roast

Gwen www.SlowCookerKitchen.com

## Servings: 6

1 to 1-1/2 pound pot roast, sliced part way through
1 packet dry onion soup mix
1/2 cup beef broth or stock
1 can French Onion soup
6 medium potatoes (optional), peeled and cut into chunks
3 large carrots (optional), diced
1 medium onion (optional), sliced

Preparation Time: 5 minutes Slow Cooker: 8 hours

About every 3/4-inch of the pot roast, slice about two-thirds of the way through the meat being careful not to cut all of the way through.

If using the potatoes, carrots and onion for a onepot meal option, wash and prepare the vegetables.

Layer the bottom of a sprayed crockpot insert with a layer of potato wedges, if using. Place the pot roast in the center. Surround the pot roast with the remaining vegetables, if using.

Pour the beef broth over the top. Sprinkle with the dry soup mix. Pour the French Onion soup over everything.

Cover and cook on LOW for seven to eight hours.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges:

Beef, Slow Cooker

Dar Carvina Nutritianal Analysis

<ul><li>% Calories from Fat:</li><li>% Calories from Carbohydrates:</li><li>% Calories from Protein:</li><li>Total Fat (g):</li></ul>	0.0% 0.0% 0.0% 0g	Vitamin B12 (mcg): Thiamin B1 (mg): Riboflavin B2 (mg): Folacin (mcg):	Omcg Omg Omg
Saturated Fat (g): Monounsaturated Fat (g): Polyunsaturated Fat (g): Cholesterol (mg):	0g 0g 0g 0mg	Niacin (mg): Caffeine (mg): Alcohol (kcal):	0mg 0mg 0 0 0%
Carbohydrate (g): Dietary Fiber (g):	0g 0g	Food Exchanges Grain (Starch):	0
Protein (g): Sodium (mg): Potassium (mg):	0g 0mg 0mg	Lean Meat: Vegetable: Fruit:	0 0 0
Calcium (mg): Iron (mg): Zinc (mg): Vitamin C (mg):	0mg 0mg 0mg 0mg	Non-Fat Milk: Fat: Other Carbohydrates:	0 0 0
Vitamin A (i.u.): Vitamin A (r.e.):	OIU ORE		

## **Nutrition Facts**

Servings per Recipe: 6

Amount Per Serving			
Calories 0	Calories from Fat: 0		
	% Daily Values*		
Total Fat 0g Saturated Fat 0g Cholesterol 0mg Sodium 0mg Total Carbohydrates 0g Dietary Fiber 0g Protein 0g	0% 0% 0% 0% 0% 0%		
Vitamin A Vitamin C Calcium Iron	0% 0% 0% 0%		

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.