

Cooking Encounters with H.B.

Crockpot Pot Roast

You will need:

- 2-3 lbs Beef Roast - beef round, chuck or eye of round
- 1 can Cream of Mushroom Soup
- 16 oz bag of Baby Carrots
- 3 or 4 large Potatoes - cut into bite sized pieces
- Various spices such as:
Salt, pepper, onion powder, garlic powder, or garlic salt
- Non-stick Cooking Spray

Instructions:

- Spray crockpot with non-stick cooking spray
- Place beef roast in the crockpot
- Season with spices as desired
- Top beef with baby carrots and potatoes
- Empty can of soup on top of ingredients
- Cook on high for approx. 4 hours
low for approx. 6-8 hours



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Serving Options:

- Watching your starch intake? Eliminate the potatoes.
- Remove roast and transfer to plate or cutting board and slice to desired thickness before serving.
- Serve the carrots and potatoes on top of the meat or on the side.
- Cook mashed potatoes instead.
- Substitute baby potatoes in place of cutting larger potatoes.
- You can use russet, golden yukon, or red; your preferred potato is fine.

- You will see other versions of this recipe online.
- Meat should be cooked to the appropriate temperature to avoid getting sick.
- Minimum internal temperature = 145 °F.
(according to [foodsafety.gov](https://www.foodsafety.gov))
- Potatoes & carrots should be fork tender.

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