

POT ROAST & VEGETABLES

UTENSILS:

5 quart Slow Cooker OR 6 quart Dutch Oven

INGREDIENTS:

Roast (any kind)

1-2 Small Onions

3-4 Potatoes, cubed

3-4 New Potatoes, cubed

4-5 Stalks Celery

1 Red Pepper

4-5 Carrots

1-2 Cups Mushrooms, cubed

(Use your choice of vegetables)

Your Favorite Seasonings

DIRECTIONS:

Preheat the unit on medium heat until a few drops of water dance around the bottom of the unit. At this point, the unit is hot enough to begin cooking. Place the roast in the unit, cover and close the vapor valve. Let the meat brown 3-5 minutes. Once the meat has browned, remove the cover. You will notice that the top of the meat is also brown. Using a fork, flip the roast and begin adding your vegetables. Place your vegetables underneath and above your roast. You may also add any seasonings to your taste. A basic rule of thumb is, if it sounds good, it probably is!

After seasoning, replace the cover with the vapor valve closed and place the unit on your slow cooker base. Depending on when you want dinner to be ready will determine what setting to use on your slow cooker. Cooking time can range anywhere between 1 to 4 hours. Customize your cooking time depending on when you want to serve dinner.

NOTES:

