

Slow Cooker Italian Pot Roast

Yield: 7 min
Total Time: 490 min

Recipe from: <https://www.recipeschoose.com/recipes/best-ever-slow-cooker-italian-beef-roast-recipe>

Ingredients:

- 3 pounds boneless beef roast I used bottom round
- 24 ounces pasta sauce I used fire roasted tomato and garlic
- 2 cloves garlic minced
- coarse salt
- ground black pepper Freshly

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 5 milligrams
4. Fat: 3 grams
5. Fiber: 3 grams
6. Protein: 2 grams
7. SaturatedFat: 1 grams
8. Sodium: 510 milligrams
9. Sugar: 9 grams

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