## RecipesCh®-se

## **Slow Cooker Holiday Pot Roast**

Yield: 7 min Total Time: 340 min

Recipe from: https://www.recipeschoose.com/recipes/holiday-pot-roast-recipe

## **Ingredients:**

- 2 teaspoons olive oil
- 3 1/2 pounds beef chuck roast
- 4 large carrots peeled and cut in 2-inch pieces
- 2 turnips small, peeled and cut in 2-inch pieces
- 1 rutabaga medium, peeled and cut in 2-inch pieces
- 1 sweet onion medium, cut in eighths
- 14 ounces whole berry cranberry sauce
- 1 ounce onion soup mix
- 1 cup fresh cranberries
- 3 tablespoons cornstarch
- 1 teaspoon ground cinnamon
- 1 teaspoon dried thyme
- 3/4 teaspoon black pepper
- 1/2 teaspoon ground allspice
- 1/4 teaspoon ground cloves

## Nutrition:

- 1. Calories: 750 calories
- 2. Carbohydrate: 45 grams
- 3. Cholesterol: 150 milligrams
- 4. Fat: 42 grams
- 5. Fiber: 6 grams
- 6. Protein: 45 grams
- 7. SaturatedFat: 16 grams
- 8. Sodium: 550 milligrams
- 9. Sugar: 31 grams

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