

Slow Cooker Chinese Pot Roast

Yield: 8 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chuck-pot-roast-chinese-recipe>

Ingredients:

- 1/4 cup hoisin sauce see note for homemade sauce recipe
- 1/4 cup honey
- 1/2 cup water
- 3 tablespoons ketchup
- 2 tablespoons soy sauce
- 1 tablespoon Asian chili sauce
- 3 pounds boneless chuck roast
- 2 teaspoons Chinese five-spice powder
- 4 carrots peeled and cut into 1/2 inch pieces
- 1 turnip or parsnip peeled and cut into 1/2 inch pieces or potatoes cubed
- rice
- green onions
- 3/4 cup bbq sauce thick
- 3 tablespoons molasses
- 1 tablespoon soy sauce
- Chinese five-spice powder to taste

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 115 milligrams
4. Fat: 31 grams
5. Fiber: 3 grams
6. Protein: 34 grams
7. SaturatedFat: 12 grams
8. Sodium: 920 milligrams
9. Sugar: 25 grams

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