

The Best Crock pot Roast

Yield: 6 min
Total Time: 370 min

Recipe from: <https://www.recipeschoose.com/recipes/pot-roast-recipe-with-italian-seasoning>

Ingredients:

- 3 pounds roast
- 1 1/2 pounds potatoes your choice, cut into chunks, I used small baby yellow potatoes so there was not cutting
- 4 carrots peeled and cut into chunks
- 1/2 onion cut into chunks
- 4 cups beef stock or broth, one carton
- 1 teaspoon minced garlic
- 1/2 teaspoon italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup water for the gravy
- 2 tablespoons cornstarch

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 120 milligrams
4. Fat: 7 grams
5. Fiber: 4 grams
6. Protein: 57 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 2710 milligrams
9. Sugar: 5 grams

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