

Crock Pot Roast (Slow Cooker Pot Roast)

Yield: 8 min
Total Time: 485 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-haleem-recipe-in-slow-cooker>

Ingredients:

- 3 pounds chuck roast
- 1 1/2 teaspoons garlic powder
- salt to taste
- pepper to taste
- 1 1/2 pounds potatoes cut into chunks
- 3/4 pound carrots
- 7 sprigs fresh thyme optional
- 2 sprigs rosemary optional

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 110 milligrams
4. Fat: 31 grams
5. Fiber: 4 grams
6. Protein: 35 grams
7. SaturatedFat: 12 grams
8. Sodium: 240 milligrams
9. Sugar: 3 grams

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