

# Easy Pot Roast Crock Pot

Yield: 12 min  
Total Time: 315 min

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

## Ingredients:

- 3 pounds chuck roast
- 5 potatoes cut into chunks, parsnips for Paleo
- 1 onion cut into chunks
- 4 carrots cut into chunks
- 2 cups beef stock or broth
- 2 cups water
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon italian seasoning
- 1/4 teaspoon salt Real
- 1/4 teaspoon pepper

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 75 milligrams
4. Fat: 20 grams
5. Fiber: 3 grams
6. Protein: 24 grams
7. SaturatedFat: 8 grams
8. Sodium: 220 milligrams
9. Sugar: 3 grams

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