

# Crockpot Roast Beef

Yield: 4 min

Total Time: 500 min

Recipe from: <https://www.recipeschoose.com/recipes/roast-recipe-with-italian-dressing-and-ranch-dressing>

## Ingredients:

- 4 pounds beef roast preferably chuck
- 1 can beef gravy or jar, 15 oz of
- Italian dressing I package of dry
- 1 package ranch dressing
- 3/4 cup water
- 1 onion large, sliced
- 5 cups vegetables chunked, your choice, optional

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 5 milligrams
4. Fat: 6 grams
5. Fiber: 9 grams
6. Protein: 9 grams
7. SaturatedFat: 1 grams
8. Sodium: 630 milligrams
9. Sugar: 2 grams

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