

Crockpot Pot Roast with Vegetables

Ingredients

1 lb medium red potatoes, cut into fourths
 4 carrots, peeled and cut into sticks
 2 1/2 T Live by Heart Artisan Spice Blend
 1 t. salt
 1 boneless beef chuck roast trimmed of excess fat
 1/3 c onion chopped
 1 1/2 cups beef broth



Directions

Place carrots, and potatoes in the bottom of a 6 qt crockpot
 Place beef on potatoes and carrots
 Sprinkle with spice blend, salt, and onions. Pour beef broth evenly around beef and vegetables. Cover and cook on Low heat setting 8 - 10 hours or until beef and vegetables are tender.

Servings 8

Nutrition Facts	
Servings: 8	
Amount per serving	
Calories	627
	% Daily Value*
Total Fat 29.8g	38%
Saturated Fat 11.5g	58%
Cholesterol 240mg	80%
Sodium 583mg	25%
Total Carbohydrate 12.7g	5%
Dietary Fiber 1.8g	6%
Total Sugars 2.3g	
Protein 72.6g	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 9mg	49%
Potassium 959mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by **verywell**