

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Slow Cooker Pot Roast

Fork-tender beef roast with carrots, potatoes and onion. The most protein in the book: 41 g per serving.

Makes 8 servings | Serving: 4 ounces beef, 1/2 cup vegetables | About $2.44 per serving | 10 min + 8 hr | 41 g protein

Ingredients

- 2 large carrots
- 2 large potatoes, quartered
- 1 large onion, quartered
- 3 pounds beef roast
- 1/3 cup homemade Dried Onion Soup Mix
- 4 cups water

Method

1. Coat the slow cooker with cooking spray and add the vegetables, then the roast, onion soup mix and water.
2. Cook on low at least 8 hours.
3. Shred the beef with two forks just before serving.
4. Spoon the cooking liquid over the meat.

Swaps: Use a 1.25-ounce packet of store-bought onion soup mix if you have no homemade mix. Pile leftovers on buns for French dip sandwiches.

Storage: Refrigerate up to 4 days or freeze up to 3 months.

Nutrition Facts

Per serving (4 ounces beef, 1/2 cup vegetables)

Calories	**350**
Total Fat	11 g
Saturated Fat	4 g
Sodium	85 mg
Total Carbohydrate	21 g
Dietary Fiber	3 g
Total Sugars	4 g
Added Sugars	0 g
Protein	41 g
Calcium	41 mg
Iron	4 mg
Potassium	1028 mg

Why it's good for you

- Beef is rich in protein and zinc.[1]
- Beef supplies iron.[2]

[1] NIH Office of Dietary Supplements: Zinc fact sheet, https://ods.od.nih.gov/factsheets/Zinc-Consumer/ [2] NIH Office of Dietary Supplements: Iron fact sheet, https://ods.od.nih.gov/factsheets/Iron-Consumer/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/slow-cooker-roast/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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