

Josh's Favorite

Mushroom-Sauced Pot Roast

Pot roast with vegetables is a good meal if you're a beginner cook, and it's even easier when you use your slow cooker. I cook something in my crock pot every Sunday—it's easy to set up in the morning and the house smells great all day! I often tweak the recipes—like this one I use from Better Homes and Gardens.

- Makes: 5 servings
- Prep: 20 mins
- Cook: 10 hrs to 12 hrs Low or High 5 to 6 hours

Ingredients

- **1** ½ -pounds boneless beef chuck eye roast, chuck pot roast, eye round roast, or round rump roast
- **4** -medium potatoes (about 1-1/2 pounds), quartered
- **1** -16 ounce package frozen tiny whole carrots
- **1** -4 ounce can (drained weight) (drained weight)mushroom stems and pieces, drained
- ½ - teaspoon dried tarragon or basil, crushed
- ¼ - teaspoon salt
- **1** - 10 3/4 ounce can condensed golden mushroom soup
- ***JT usually cuts up an onion and adds a little red wine to taste.***



Directions

1. Trim fat from roast. If necessary, cut roast to fit into a 3-1/2- to 4-1/2-quart slow cooker. Set aside.
2. In the slow cooker combine potatoes, frozen carrots, mushrooms, tarragon or basil, and salt. Add roast. Pour mushroom soup over mixture in slow cooker.
3. Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours. Makes 5 or 6 servings.

Nutrition Facts (Mushroom-Sauced Pot Roast)

Per serving:

- 338 kcal cal.,
- 8 g fat

- (3 g sat. fat,
- 2 g monounsaturated fat),
- 62 mg chol.,
- 817 mg sodium,
- 31 g carb.,
- 5 g fiber,
- 1 g sugar,
- 35 g pro.

- Percent Daily Values are based on a 2,000 calorie diet