



Slow Cooker Pot Roast

4 pounds chuck roast
salt and pepper to taste
1 packet dry onion soup mix
1 cup water
3 carrots, chopped
1 onion, chopped
3 potatoes, peeled and cubed
1 stalk celery, chopped

Season the chuck roast with salt and pepper to taste. Brown on all sides in a large skillet. Place in the slow cooker and add the soup mix, water, carrots, onion, potatoes and celery. Cover and cook on the low setting for 8 to 10 hours. Makes 12 servings.

Nutrition information per serving: 361 calories, 31 grams protein, 20 grams fat, 12 grams carbohydrate, 182 mg sodium.