

# Time Saver – Slow Cooker Pot Roast



## Ingredients:

- 4 pound chuck roast
  - 1 pkg dry onion soup mix
  - 1 cup water
  - pepper to taste
  - 3 carrots, chopped
  - 1 onion, chopped
  - 3 potatoes, peeled and cubed
  - 1 stalk celery, chopped
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## Instructions:

1. Season the chuck roast with pepper
2. Brown on all sides in a large skillet over high heat
3. Place in a slow cooker and add soup mix, water, carrots, onion, potatoes and celery
4. Cover and cook on low for 8-10 hours
5. Serves 8.

### **In motion Nutrition Tip:**

One pot meals help to save time! There's less to mess to clean and that leaves you more time to get "in motion" as a family!

