

Crock Pot Roast



Ingredients

- Roast 5-6 lbs
- Carrots
- Potatoes
- Onions
- Peppers
- Celery
- Cumin
- Oregano
- Chili Powder
- Onion Powder

- Garlic Powder
- Thyme
- Rosemary
- Lipton Soup Mix
- Chicken Broth
- Beef Bouillon
- White Cooking Wine
- Worcestershire Sauce
- Butter
- Flour
- Tomato Paste
- Brown Sugar
- Bay Leaf

Used our Spicy 10 seasoning

Direction

- After cleaning and patting roast dry season the meat with the Spicy 10 seasoning and set aside
- Cut up all veggies into cube size and place them in crock pot
- In cast iron skillet add olive oil and heat stove to medium

high heat

- Add meat to skillet and sear on all sides including around the all sides then remove and set aside
- Add meat to top of veggies
- Add all seasoning to crock pot except white cooking wine, chicken broth, bouillon, Worcestershire sauce, tomato paste, brown sugar and bay leaf
- In a large sauce pan, add. Chicken broth, bouillon,, brown sugar, bay leaf
- In the skillet that the meat was in add butter and allow to cook down
- Add flour and mix well. Add chicken broth, bouillon, Worcestershire sauce, tomato paste, brown sugar and bay leaf and cook down
- When sauce thickens. Add to sauce pan and cook until combined
- Add sauce to crock pot, mix well and cook for 8-10 hours
- Remove and enjoy

Serve with any kind of starch desired