

We love our homey...

CROCK POT ROAST

FROM ME TO YOU!
please enjoy!

Homey Crock Pot Roast

AN OLD FAMILY FAVORITE THAT'S
QUICK AND EASY TO THROW
TOGETHER ANY DAY!

- 1 medium to large boneless pot roast of your choice
- 1 onion, cut into wedges
- 4-6 carrots, peeled and sliced into chunks
- 4-6 scrubbed and pricked potatoes (for non-SCDers)

Early in the day, place the pot roast in your crock pot and sprinkle with **salt & pepper**. Add the onion, peeled carrots, and the potatoes for the rest of the family (**not** SCD legal).

Set on **LOW** if you'll be having it for dinner (6-8 hours), or on **HIGH** if you plan on enjoying it for lunch (5-6 hours).

To serve, pile a large platter with potatoes at one end, carrots in the middle, and sliced or torn apart roast at the other end. Pour some cooking liquid into a pitcher to pass at the table.

Serve with SCD yogurt (replacement for sour cream) and butter, and sour cream for the other members of the family. Salad and/or applesauce is delicious alongside. Also legal pepperoncinis or cherry peppers.

Growing up, we almost always had a roast beef in the pot waiting for us when we got home from church. The wonderful aroma still gives me a comforting feeling!



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TIP: I've been fine with carefully cooking the potatoes on top of the food I eat, but if you want to play it safer, place them on a sheet of foil to separate the ingredients.