

# Perfect Sunday Pot Roast

It's perfect and we know you'll love this recipe as much as we do!

Prep Time: Thaw your Roast overnight in the refrigerator or for a faster thaw place in cold water

Cook Time: 8-10 hours

Equipment: Slow Cooker – 4 quart or larger, Large Skillet

## Ingredients:

- **2.5-4lb Native Acres Roast**
- 1 TBS Butter
- 1 TBS Oil of Choice
- 1 TBS Flour
- 3 – 4 Carrots, Chopped
- 3 – 4 Potatoes, Chopped
- 3-4 Onions, Halved
- 1 Can Green Beans (optional)
- Salt + Pepper
- Garlic Powder
- Onion Powder
- Beef Broth

## Directions:

1. Heavily salt, pepper and flour roast (hand press into all sides until fully coated)
2. Add Oil to Cast Iron Skillet or Dutch Oven and heat over Medium High Heat
3. Once Cast Iron is hot, place roast into skillet, searing on all sides 2-3 min
4. Remove Roast from Skillet and add to your slow cooker
5. Add Beef Broth to your slow cooker, just enough to almost cover the roast 2/3 of the way
6. Now Sear Chopped Carrots + Halved Onions
7. Add seared vegetables, onion powder and more salt and pepper to slow cooker
8. Cook on low all day. Half way through add potatoes and optional green beans
9. Eat & Enjoy! 😊

## Notes:

- Recommended sides: Danny Roy's Famous Green Beans or Roasted Brussel Sprouts
- Use Leftover Roast for our Native Acres Leftover Roast Enchiladas!

