



Pot Roast



- 1 lb. carrots, cut in large chunks (optional)
- 1 lb. potatoes, cut in 1-inch chunks (optional)
- 1 onion, cut in chunks (optional)
- 3-4 lb. chuck roast
- 2 packages McCormick brown gravy
- 1 c water
- salt and pepper

If using carrots, potatoes, and onions, place in crock pot. Add roast. Mix gravy mixes with water and pour over roast. Cook 8-10 hours on low. Remove roast and shred with forks. Serve with vegetables or mashed potatoes. Spoon remaining gravy over everything!! Salt and pepper to taste.

*To thicken gravy, melt 1 tablespoon butter in saucepan over medium heat. Add 1 tablespoon flour and whisk until smooth. Cook for 1 minute, stirring constantly. Add 1 cup drippings from crock pot. Whisk until smooth. Cook, stirring often, until thick. Salt and pepper to taste.