



Southwest Beef Pot Roast



2 t butter or oil

1 beef chuck or bottom round roast (3-4 lb.)

1 16-oz. jar chunky salsa

1 15-oz. can black beans

1½ c frozen corn

Heat butter or oil in skillet over medium/high heat. Brown roast on all sides. Salt and pepper all sides of roast. Place roast in crock pot. Pour salsa over roast. Cover and cook on low for 7-8 hours. Remove roast. Remove fat. Shred beef with forks and return to crock pot. Stir in beans and corn. Cover with lid and cook an additional 30 minutes.