

# Beef Roast with Potatoes

**IOWA**

Student Wellness

## Ingredients

- 2-3 pounds boneless beef chuck roast
- 3 medium potatoes, peeled and cut into 1-1/2-inch pieces
- 1 large onion, cut into 1-1/2-inch pieces
- 1 pound bag of petite baby carrots or carrot chips (or regular baby carrots cut in half)
- 1 can (14.5 oz) Diced Tomatoes with Rosemary & Oregano, undrained
- 3/4 cup water
- 2 tablespoons Tomato Paste
- 2 teaspoons dried rosemary
- 1/2 teaspoon salt



## Directions

1. Trim excess fat from beef; discard.
2. Combine potatoes and onion in slow cooker. Top with beef and remaining ingredients. Cook on HIGH 5 hours or on LOW 8-10 hours or until beef is tender.