



# Noreen's Kitchen

## Slow Cooker Pot Roast

### Using Food Storage

#### Ingredients

|  |                                   |
|--|-----------------------------------|
| 3 to 4 pound rump roast                | 1 teaspoon onion powder           |
| 2 packets dry onion soup mix           | 1 teaspoon garlic powder          |
| 1/4 cup dehydrated carrots             | 1 teaspoon dried marjoram         |
| 1/4 cup dehydrated celery              | 1/2 teaspoon dried thyme          |
| 1/4 cup dehydrated onion               | 1 tablespoon Worcestershire sauce |
| 1 cup freeze dried mushrooms           | 8 cups water                      |
| 2 tablespoons dehydrated garlic slices |                                   |

#### Step by Step Instructions

Place all ingredients into the vessel of your slow cooker and cover with lid.

Cook on low 8 to 10 hours or on high 6 to 8 hours.

When meat is fall apart tender, remove from the slow cooker to another plate and set aside.

To prepare vegetable gravy. Using an immersion blender, whirl the contents of the slow cooker until smooth. The stock and vegetables will come together to make a nice light gravy with a bit of body without adding any thickeners.

If you do not have an immersion blender, you can ladle the mixture into the carafe of your regular blender, be careful to do this in batches and be sure to place a folded dish towel over the lid when blending because the contents will be hot and the blender could erupt causing mess and/or injury.

Serve pot roast with your favorite vegetables and sides like mashed potatoes, egg noodles or rice.

Leftovers can be kept in an airtight container in the refrigerator for up to 5 days. If freezing, place the meat and gravy together in an airtight container and use within three months.