
SLOW COOKER ITALIAN BEEF

INGREDIENTS:

- 2-3 lb bottom round beef roast(lean)
- 1 Cup Low Sodium Beef Stock
- 3 tablespoons Italian Seasoning
- 1 jar pepperoncini rings

DIRECTIONS:

Sear roast on both sides in hot skillet sprayed with olive oil. Place roast into the slow cooker. Add 1 cup low sodium beef broth and Italian seasoning. One hour before the roast is done add the peppers to the slow cooker. Total cooking time should be about 10-12 hours on low.

Serve on top of a salad or wrapped in boston lettuce leaves.

