

# Soup

Enjoy all the satisfying flavors of beef Pot Roast in a soup. Take a short cut with frozen vegetables for an easy to make meal.

## INGREDIENTS

1 beef Shoulder Roast Boneless (2-1/2 pounds)

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9.00  
Hours



6  
Servings



42 Cal



39g  
Protein

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

2 cups chopped onions

2 cups chopped onions

2 cups chopped onions

2 cups chopped onions

2 cups chopped onions

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1 can (14-1/2 ounces) diced tomatoes with green peppers and onions, undrained

1 can (14-1/2 ounces) diced tomatoes with green peppers and onions

1 can (14-1/2 ounces) diced tomatoes with green peppers and onions

[illegible]



[illegible]

[illegible]

[illegible]

[illegible]

1 can (14-1/2 ounces) diced tomatoes with green peppers and onions  
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1 cup frozen hash brown potatoes (cubes)  
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[illegible]

[illegible]

[illegible]



[illegible]





1 tablespoon minced garlic



[illegible]

[illegible]

[illegible]



[illegible]

1 teaspoon dried thyme  
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1/2 teaspoon salt

1/2 teaspoon salt

1/4 teaspoon pepper

1/4 teaspoon pepper





2 cups broccoli slaw

[illegible]

[illegible]

[illegible]

1/2 cup frozen peas

[illegible]

[illegible]

# COOKING

1. Cut beef roast into 12 equal pieces. Place in 4-1/2 to 5-1/2-quart slow cooker. Add onions, tomatoes, broth, garlic, thyme, salt and pepper. Cover and cook on HIGH 5 to 6 hours or on LOW 8 to 9 hours or until beef is fork-tender. (No stirring is necessary during cooking.)

2. Cut beef Shoulder Roast into 12 equal pieces. Place in 4-1/2 to 5-1/2-quart slow cooker. Add onions, tomatoes, potatoes, broth, garlic, thyme, salt and pepper. Cover and cook on HIGH 5 to 6 hours or on LOW 8 to 9 hours or until beef is fork-tender. (No stirring is necessary during cooking.)

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NUTRITION

| Serv Size | Calories | Total Fat | Cholest | Sodium | Total Carb | Protein | <div>GLUTEN<br/>FREE</div> | <div>ALL<br/>NATURAL</div> |
|-----------|----------|-----------|---------|--------|------------|---------|----------------------------|----------------------------|
| 6         |          | 9g        | 111mg   |        | 17g        | 39g     | 1                          | 0                          |

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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