

# Slow-Cooker Beef Pot Roast 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 Cross Rib Roast, Chuck Arm Roast or Chuck Shoulder Roast (about 2-1/2 pounds)
- 2 cups chopped onions
- 1 can (14-1/2 ounces) diced tomatoes with green peppers and onions
- 1 cup frozen hash brown potatoes (cubes)
- 1-1/2 cups beef broth
- 1 tablespoon minced garlic
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups broccoli slaw
- 1/2 cup frozen peas



9.00  
Hours



6  
Servings



42 Cal





39g  
Protein

## COOKING

1. Cut beef Cross Rib 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.)
2. Stir in broccoli slaw; continue cooking, covered, 30 minutes or until broccoli slaw is crisp-tender. Turn off slow cooker. Stir in peas; let stand, covered, 5 minutes.
3. This recipe can be made in a 6-quart electric pressure cooker. Cut beef Cross Rib Roast into 1-inch pieces. Place beef roast in pressure cooker; top with onions, tomatoes, broth, garlic, thyme, salt and pepper. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 15 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Add broccoli slaw and frozen potatoes. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 3 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Add peas and return pressure cooker lid. Let stand 5 minutes. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
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.

Courtesy of BeefItsWhatsForDinner.com