

Crock-Pot Roast

1-3 lb chuck roast

1 medium onion, chopped

1-15 oz. can low sodium beef broth

2 T low sodium beef bullion

2 T dry Ranch dressing mix

1 ½ T dry Italian dressing mix

Sear the chuck roast in about 2 T oil, browning on all sides. Place in a crock-pot. Mix together the bullion and dressing mixes and spread evenly over the roast. Add the chopped onions and broth. Cook on low for 8-10 hours or high for 4-5 hours.