

SLOW-COOKED

RUMP ROAST



Ingredients

- ☐ 3-3.5 lb Beef Rump Roast
- ☐ 2 tbsp Oil
- ☐ 4 medium Carrots, halved lengthwise and cut into 2-inch pieces
- ☐ 3 medium Potatoes, peeled and cut into chunks
- ☐ 1 large Onion, sliced
- ☐ ½ cup Water
- ☐ 6-8 tbsp Horseradish Sauce
- ☐ ¼ cup Red Wine Vinegar
- ☐ ¼ cup Worcestershire Sauce
- ☐ 2 Garlic Cloves, minced
- ☐ 2 tsp Salt

- ☐ 3 tbsp cornstarch
- ☐ ⅓ cup cold water

Utensils

- ☐ Skillet
- ☐ Slow-Cooker

Cooking Instructions

1. In skillet, brown roast on all sides in oil over medium-high heat
2. Place carrots and potatoes in slow-cooker
3. Top with meat and onions
4. Combine water, horseradish sauce, vinegar, worchestershire sauce, garlic, and salt
5. Pour over meat.
6. Cover and cook on low for 10-12 hours

7. ½ hour before cooking is complete: combine cornstarch and water until smooth
8. Remove meat and stir into slow-cooker
9. Replace meat and cook on high for remaining 30 minutes.