

Main Dish

To Die For Roast



Period of Time: All time **Prepare Time:** 12 min

Ingredients

- 1 package ranch dressing dry mix (Hidden Valley Ranch Salad Dressing Mix: Condiments, Freebies, Snacks, Salad Dressing)
- 1 package brown gravy dry mix (Gravy Mix: Condiments)
- 1 package Italian dressing dry mix (Condiments)
- 1 beef roast (3 to 4 pounds and 50% or less fat) (Beef Cuts: Category 4 - Protein+Fats - Eat only with a Category 2, Gluten-free)
- Zero calorie cooking spray (Pam Cooking Spray: Freebies)
- 1 cup water (Water: Freebies, Beverages)

Directions

1. Brown the roast on all sides in a skillet with zero calorie cooking spray.
2. In the crockpot, mix the water with the seasoning packets.
3. Add the roast and cook on low all day (about 8 - 10 hours)

Serving Notes

Serving size: 4-6 oz

This is a category 4. Must be served with a category 2. *

