

# Crock Pot Roast Beef

- 2 pounds thawed, boneless sirloin or round roast (ask for it trimmed of fat)
- 1 package au jus mix (1 ounce package)
- 1 package dry Italian seasonings mix (1/2 ounce)
- 1 10.5 ounce can fat-free beef broth
- ½ soup can water

1. Place roast in Crock Pot.
2. Combine sauce and pour over beef.
3. Cover and cook on low heat for 8 hours.

**Makes 6 (5-ounce) servings with:**

250 calories, 40 grams protein, 3 grams carbohydrate, and 8 grams fat.

Eat with steamed broccoli, a banana, and a side of rice or pasta for a balanced meal.