

# Homey Crock Pot Roast

Serves 6-8

## Ingredients:

1 medium to large boneless pot roast  
4-6 scrubbed and pricked potatoes (one or two extras in case of company!)  
4-6 carrots, peeled and sliced (or 1-2 per person)  
1 onion, chopped

## Instructions:

Early in the day, place the pot roast in your crock pot and sprinkle with salt & pepper. Add a chopped onion, lots of peeled carrots, and some scrubbed, washed, and pricked potatoes for the rest of the family (**not** SCD-legal).

Set on low if you'll be having it for dinner(6-8 hours), or on high if you plan on enjoying it for lunch (4-6 hours).

To serve, pile a large platter with potatoes at one end, carrots in the middle, and sliced or torn apart roast at the other end. Pour some of the cooking liquid into a pitcher to pass at the table.

Serve with SCD yogurt (replacement for sour cream) and butter, and sour cream for other members of the family. Salad and/or applesauce is also delicious alongside.

## Tip:

I have been just fine with cooking the potatoes on top of the food I can eat, but if you prefer to play it safer, you could put the potatoes on a sheet of tin foil to separate the ingredients. I get the SCD-legal food out first and then get the potatoes out, to avoid getting potato on my food.