

Crock Pot Italian Beef

3 to 4 pound Rump roast
1 (8 ounce) can of tomato sauce
2 1/2 cups of water
salt and pepper to taste
1 teaspoon Parsley Flakes
1 teaspoon Garlic Powder
1 teaspoon Basil
1 teaspoon Oregano
1 Tablespoon Worcestershire Sauce
1 Tablespoon of Soy Sauce
1 package of Good Seasons Italian salad dressing mix

Put roast in crock pot. Combine remaining ingredients in saucepan and bring to full boil.

Remove from heat and pour over roast in crock pot.

Cook all night on low or 6 to 8 hours on high.

About 1 1/2 hours before serving, flake meat apart and continue cooking.

Serves 6 to 8

1 carb per serving