Crock Pot Roast

**INGREDIENTS**

- 1# rump roast or chuck
- 1 medium onion, diced into 1 inch pieces
- 12-16 cups assorted diced vegetables (potato, carrot, sweet potato, squash, celery, green bean etc)
- 6 cloves garlic, chopped (not minced)
- 1 bunch fresh thyme, rosemary or other herbs, de-stemmed and roughly chopped or crushed
- 1/4 cup olive oil 1 28 oz. can diced tomatoes
- 2 T. maple syrup

**DIRECTIONS**

1. Turn crock pot on to Low Salt and pepper roast, and coat with olive oil.

2. Place roast into crock pot.

3. Pour diced vegetables and garlic all around meat, drizzle with olive oil.


5. Cover and cook on low for 4-6 hours. If you wish to speed up the cooking process slightly, cook on high for 2-4 hours. If possible, turn meat once or twice.

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