Easy Roast, Potatoes & Carrots

1. Place In Crockpot (in this order)
   1. 3lb Organic (Greenwise Publix) Chuck Roast
   2. 1 tsp Salt, ½ tsp Pepper
   3. 1 Organic Onions (chopped)
   4. 6 Organic washed Yellow/Red Potatoes\*
   5. 6 Organic washed Carrots
   6. ½ c water mixed with 2 Tbl organic cornstarch/arrowroot\*
2. Cover and cook on high for 6 hours or low for 10 hours

*Allergen Warning:*

*\*Use Arrowroot if allergic to corn*

*\*Omit Potatoes if allergic to nightshades*