



# SWEET AND SOUR ROAST

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## INGREDIENTS

- 6 small white potatoes, peeled
- 12 carrots, chopped
- 1 cup chopped onion
- 1 Tbsp canola oil
- 1 (1 1/2 lbs) beef roast
- 1 (15 oz) can tomato sauce
- ¼ c packed brown sugar
- 2 Tbsp Worcestershire sauce, or more to taste
- 2 Tbsp cider vinegar
- 1 tsp salt

## DIRECTIONS

1. Combine potatoes, carrots, and onion in the bottom of a slow cooker.
2. Heat canola oil in a large skillet over medium-high heat. Cook beef roast in the hot oil until browned completely, 2 to 3 minutes per side; place beef roast atop the vegetables.
3. Stir tomato sauce, brown sugar, Worcestershire sauce, cider vinegar, and salt together in a bowl; pour over the roast.
4. Cook on Low for 10 to 12 hours (or on High for 5 to 6 hours).
5. Remove roast and vegetables to a serving platter. Pour sauce into skillet and cook over medium-high heat until thickened, 5 to 10 minutes; serve with the beef and vegetables.



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## SHOPPING LIST

White potatoes  
Carrots  
Onion  
Canola oil  
1 (15 oz) can tomato sauce  
Brown sugar  
Worcestershire sauce  
Cider vinegar  
Salt

## SIDE OPTIONS

Side Salad  
Rice