

Crock-Pot Rump Roast



1 3-4 lb. Eye of Round Rump Roast
2 cans of Golden Mushroom soup, undiluted
6 carrots, peeled and cut into thick sticks
3 large potatoes or 6 small potatoes, cut to
into large pieces

1 whole onion, sliced

Olive oil, Salt and pepper

Drizzle a little olive oil into a non-stick skillet.

On medium heat, brown the roast on all sides. Place the roast in the Crock-Pot and pour remaining oil over the top. Salt and pepper to taste. Pour the undiluted golden mushroom soup over the roast. Top with the vegetables. Cook on high for about 6 hours or on low for about 8 hours. Remove the vegetables and set aside. Carefully remove the roast. Shred into large pieces. Ladle sauce all over the roast to serve.

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