

Pot Roast

3 lb Chuck Roast

Onion (medium)

1¼ 1b Red Potatoes (cut in pieces)

¾ 1b Carrots (cut in slices, #4 or #5 Cone for speed)

Bragg's Liquid Aminos (2 oz Braggs)

Place 7-Quart on a Medium-High heat. Place a folded paper towel (or napkin) in the bottom. Once the paper towel begins to brown you have reached searing temperature. TAKE PAPER TOWEL OUT. Place Roast on bottom of pan and sear at Medium-High heat for 4-6 minutes on each side (**lid generously cracked to sear or fry**). After meat is seared, turn to MEDIUM. Add other ingredients. MEDIUM-CLICK-LOW. After turning to Low, cook approximately 4-8 hours. The meat is actually cooked after about 90 minutes, but it will not have the tender pull-apart texture. The longer cooking time allows the meat to break down and tenderize.