

# Slow-Cooker Roast Beef

**Prep Time:** 15 Min **Cook Time:** 4 Hr **Total Time:** 4 Hr 15 Min  
Serves 8

## Ingredients

2 1/2 - 3 pound Sirloin tip or Round Roast

1/2 tsp sea salt

1/4 tsp pepper

1/2 tsp garlic powder

1/2 tsp onion powder

1 cup water

## Instructions

- 1 In a large skillet, over medium high heat, sear the roast until all sides are well browned.
- 2 Season meat & place in slow cooker.
- 3 Add 1 cup of water & cover.
- 4 Cook on high setting for 4 hrs or low setting for 6 hours.

## Notes

We have found that 100g of raw beef is generally 65-75g of cooked beef - so that would become your portion. Slice it in thin slices (it looks like more!) and enjoy with a healthy helping of cucumber (100g+) or your favorite vegetable.

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