

Low Carb Crock-pot Italian Beef

SOURCE: www.lowcarbluxury.com/recipes

Ingredients:

- 3-4 lb rump roast
- 1 (8 oz) can tomato sauce (no sugar added variety)
- 2 1/2 C water
- 1 tsp salt
- 1 tsp pepper
- 1 tsp parsley flakes
- 1 tsp garlic powder
- 1 tsp basil
- 1 tsp oregano
- Dash Worcestershire sauce
- Dash soy sauce
- 1 pkg Italian salad dressing mix (Good Seasons)

DIRECTIONS:

Put roast in crock-pot - combine remaining ingredients in saucepan - cook over medium-high heat till mixture comes to full boil. Remove from heat and pour over roast in crock-pot. Cook all night on low or 6-8 hours on high. About 1.5 hours before serving, flake meat apart and continue cooking.

Serves 6-8 (approximately 1 gram of carbs per serving)