

Freezer Crock Pot Beef Roast

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Ingredients:

2 pounds beef roast
2 garlic cloves, sliced thin
3 Tbsp balsamic vinegar
¼ cup soy sauce
2 Tbsp Worcestershire sauce
1 tsp mustard
Salt and pepper to taste

Directions; to freeze:

Make small slits in the meat with a sharp knife and press the slices of garlic into the meat. Put them about an inch apart on all sides of the meat.
Put roast into labeled Ziploc bag.
Combine the rest of the ingredients and pour over roast.
Freeze.

To Cook:

Thaw or at least mostly thaw and cook in crock pot on high for 4-6 hours or low for 8-10 hours.

