



BODYBUILDING.COM™

Beef with Root Vegetables

Ingredients (Makes 6 servings):

- 1 medium onion, chopped
- 2 medium sweet potatoes, peeled and chopped into 2-inch chunks
- 2 medium carrots, peeled and chopped
- 2 medium turnips, peeled and chopped
- 3-lb bottom round roast, trimmed
- 1 tsp salt
- freshly ground black pepper to taste
- 3 tbsp all-purpose flour
- 15-oz can no-salt-added tomato sauce
- $\frac{2}{3}$ cup brown sugar
- 2 tsp chili powder
- 1 tsp ground cumin
- 1 tsp mustard powder sprigs, roughly chopped

Directions:

1. Arrange onion, potatoes, carrots, and turnips in bottom of slow cooker.
2. Season beef with salt and black pepper. Rub flour on the beef.
3. Place the beef on top of the vegetables.
4. In a medium bowl, combine the tomato sauce, brown sugar, chili powder, cumin, and mustard powder, stirring well.
5. Pour the mixture over the beef.
6. Cover and cook on low for 12 hours or on high for 8 hours.