Gingersnap Pot Roast

* Prep Time: 20 mins
* Total Time: 5 hrs 20 mins
* Servings: 8

Ingredients

* + 3 lbs chuck roast
	+ 1 tablespoon oil
	+ 1 cup water
	+ 8 gingersnaps, crumbled
	+ 2 tablespoons red wine vinegar
	+ 1 teaspoon beef bouillon, granules
	+ 1/8 teaspoon red pepper, ground
	+ 3 medium sweet potatoes, peeled & quartered
	+ 3 medium carrots or 2 parsnips, cut into 1/2-inch pieces
	+ 1 bay leaf

Directions

1. Trim fat from roast. Cut if necessary to fit in your slow cooker.
2. In large skillet, brown roast on all sides in hot oil.
3. In a small bowl, combine water, gingersnaps, vinegar, bouillon, and red pepper.
4. In crock-pot, place potatoes, carrots or parsnips, and bay leaf. Place meat on top of vegetables.
5. Pour gingersnap mixture over meat.
6. Cover; cook on low-heat setting for 10-12 hours or high-heat setting for 5-6 hours.

**Nutritional Information per Serving: Calories-490, Total Fat – 17 grams, Saturated Fat-5 grams, Sodium – 185 mgs, Total Carbs – 25 grams, Sugar-4 grams, Dietary Fiber – 3 grams, Protein – 58 grams**