

# Roast

*Unit: 8 Qt or Electric Skillet*

<b>1 - 2-4 Pound chuck roast</b>	<b>2 - Cloves of garlic</b>
<b>3-5 Medium Carrots (1/2" slices)</b>	<b>3-5 Medium Potatoes (quarter them)</b>
<b>3 - Cups of water</b>	<b>2 - Medium onions (cut in 1/4" slices)</b>
<b>Seasoning salt</b>	

*Preheat the unit on medium-high heat until water beads up when flicked into it. Sear the well seasoned roast for 8 minutes. Flip and sear for 8 more minutes.*

*Place the onion slices under the roast and add the remaining ingredients on top. Cover the unit with the valve rotated open. When it whistles, reduce the heat to medium-low heat. (225 on the electric) Cook for 30-40 minutes per pound of meat.*

**\*\*** Reduce the heat if the valve is constantly activating after 10 minutes.

**\*\*\*** Tough roasts like rump or arm roasts need more time. Chuck roasts are the best.



**HEALTH QUEST**