



BASIC BEEF ROAST

Ingredients:

- 3-4 lb. **beef chuck roast**
- One large onion sliced
- 3-5 cloves of garlic, chopped
- 2 bay leaves
- salt and pepper
- ¼ - ½ cup Lea and Perrins Worcestershire Sauce

Directions:

Add all ingredients to crock pot and cook for 8 hours on low.