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## CROCK POT ITALIAN BEEF

Prep Cook Time: 6-8 hours

SERVES 4

Ingredients:

2 lb roast  
1 cup spaghetti sauce  
2 ½ cups water  
1 teaspoon salt and pepper  
4 teaspoons Italian seasoning  
Dash Worcestershire sauce & soy sauce  
1 package Italian salad dressing mix

Steps

1. Put roast in crock-pot. Combine spaghetti sauce, water, seasoning & dressing mix in sauce pan and cook over medium-high heat until mixture comes to a full boil.
2. Remove from heat and pour over roast in crock pot. Cook on low for 6-8 hours.
3. About 1 hour before serving, flake meat apart. Baste meat with sauce and continue cooking.