



## Chinese Roast in a Crock Pot

Prep Cook Time: 6+ hours

SERVES 6

### Ingredients:

3 lb boneless beef roast  
1 large onion, chopped  
1 bag baby carrots  
½ cup soy sauce  
½ cup water  
1 teaspoon ginger  
2 tablespoons corn starch  
1 bag of rice

### Steps :

1. Place roast and onions in crock pot. Combine soy sauce, water, and ginger. Pour over meat. Cook on low 6 hours.
2. Dissolve corn starch in 2 tablespoons water. Stir into meat juice to thicken.
3. Cook rice as directed on package. Serve stew over rice.