

RECIPE

# Crock Pot Sirloin Tip Roast



## Ingredients

- 3 pounds sirloin tip roast
- 1.5 pounds baby potatoes
- 2 cups baby carrots
- 1 large yellow onion sliced into rings
- 3 tablespoons unsalted butter cubed
- 1 cup beef broth
- 4 tablespoons apple cider vinegar
- 3 tablespoons soy sauce
- 2 tablespoons worcestershire sauce
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon smoked paprika
- 1 teaspoon dried parsley
- 1/2 teaspoon salt
- 1 teaspoon ground black pepper

Ready in **8 hours**

## Preparation

1. At the bottom of a large slow cooker, spread baby potatoes, baby carrots and onion. Top with cubes of butter and place sirloin tip roast on top.
2. In a medium bowl, whisk beef broth, apple cider vinegar, soy sauce, worcestershire sauce, garlic powder, onion powder, smoked paprika, parsley, salt and pepper. Pour slowly over the roast.
3. Close the lid and cook on Low for 8-10 hours or until meat is tender and easily pulls apart with a fork. It's best to cook tougher cuts of meat like this one on low heat for the most fork tender results. However, you can still cook it on high heat for 4-5 hours.
4. After shred meat with two forks right in the slow cooker, gently stir and serve with the veggies and au jus.

## Tips

**Store:** Let the cooked dish cool down to room temperature, then transfer to an airtight container and refrigerate for up to 3-4 days.

**Freeze:** I do not like the texture of potatoes once thawed. However, I know many people are OK with freezing cooked potatoes. Freeze roast in an airtight container with some room for expansion for up to 3 months. Then defrost in the fridge overnight.

**Sodium** for this dish is high but that is including all of the au jus more likely you won't end up consuming. You can also add less salt.