

Everyday Kosher Cooking

CROCK-POT ROAST

Ingredients:

5 lb. Beef Roast Brisket
1 Tbsp Dijon Mustard
2 Medium Onions, Sliced
1/2 Cup Maple Syrup
1/3 Cup Soy Sauce
3 Potatoes, Peeled and Chunked
3 Sweet Potatoes, Peeled and Chunked
3 Medium Carrots, Peeled and Chunked
Salt and Pepper, to Taste



Directions:

Cover the bottom of the crock-pot with sliced onions.
Spread mustard on all sides of roast and place on top of onions in the pot.
In a small bowl, mix the maple syrup and soy sauce, then pour over the roast.
Top with carrots, then regular potatoes and sweet potatoes.
Leave on high heat for 8 hours.
For even roasting, turn roast over after first 4 hours.

Serves 6-8



Recipe By Chef Chaia Frishman