Pot Roast

- 1 beef rump roast (4-5 lbs.)
- 2 Tbsp. olive oil
- Salt and pepper
- 2 envelopes dry onion soup mix
- 2 cups water
- 2 cans beef broth

1. Heat oil in large skillet. Rub with salt and pepper.
2. Carefully place roast in skillet and sear on all sides. You're not cooking the meat, just browning the side to seal in the flavors and juices.
3. Add roast to crock pot. Sprinkle with onion soup mix and pour in water and broth.
4. Cook 8-10 hours on low or 4-5 hours on high. It is done when the meat falls apart easily with a fork.
5. Remove roast from pot and pull apart on serving plate. (Save the broth for French Dip Sandwiches.)
6. Serve with Smashed Potatoes, salad, and rolls for a Sunday feast!

French Dip Sandwiches

- Leftover beef rump roast
- Leftover broth from pot roast – this will be the au jus soup for dipping
- Large buns or sandwich rolls
- Sliced Swiss, provolone, or pepper jack cheese

1. Warm pot roast and broth in microwave.
2. Heat oven for broiling.
3. Open each sandwich roll and place generous serving of roast on each.
4. Top with a slice of cheese and broil open-faced until bread is golden and cheese is melted. Don't walk away—this will go fast!
5. Ladle au jus soup into small cups.
6. Serve and enjoy!

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