

Hereford Bottom Round Flat With Garlic

Ingredients:

1 teaspoon salt
1 teaspoon freshly ground black pepper
1 teaspoon paprika
1 (3 pound) Bottom round flat
6 cloves garlic, slivered
6 potatoes, peeled and quartered
4 carrots, cut into 2 inch pieces
2 large sweet onions, peeled and chopped
1/2 cup water
1/2 cup beef broth
3 cubes beef bouillon
1 bay leaf
2 large green bell peppers, cut into 2 inch pieces



Directions:

Rub salt, pepper and paprika into the meat. With a small knife, make slits in the meat. Press the garlic slivers into the meat. Place the potatoes, carrots, and onions in a large slow cooker. Place meat on top of the vegetables. Pour in water and beef broth, and add bouillon cubes and bay leaf. Place lid on slow cooker, and cook for 6 hours on High, or 8 hours on Low. During the last half hour of cooking, add the green peppers.

Yield: 4 Servings