

# Crockpot Roast

*Recipe makes 1 serving  
Each serving = 1 protein, 1 vegetable*

You can take the steak straight from the freezer into the crockpot and eat a flavorful, tender steak later in the day.

## Ingredients

- 100 grams lean steak
- 3 Tbsp hCG diet approved onion soup mix (recipe can be found on our website)
- 100 grams onions
- 1 cup hCG approved beef broth
- black pepper to taste

## Directions

1. Add steak to crockpot.
2. Cover with remaining ingredients. I sometimes add a splash of liquid aminos as well.
3. Cook for several hours until reaches desired doneness.
4. Serve.



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