

## Diet Cola Pot Roast

*This is so easy and so good. Make it in the slow cooker!*

Makes 12 servings, need a 5 to 6 quart slow cooker.

3 pound pot roast

2 cans (10 ¾ ounces each) fat-free, low sodium cream of mushroom soup

1 envelope dry onion soup mix

2 16-ounce bottles diet cola (2 12-ounces cans work)\*\* ***read tips below***

Place meat in slow cooker

In large bowl, mix remaining ingredients. Pour over the roast in the slow cooker.

Cover, cook on high for 6 hours or on low for 8-10 hours, 'til meat is tender.

When roast is done, you can add a couple tablespoons of flour to thicken the broth. Can be served with mashed potatoes or rice.

Per serving: 170 calories (60 from fat), 7 grams fat (2 g saturated, 0.5 g trans), 70 mg cholesterol, 430 mg sodium, 4 g total carbohydrate, 23 g protein.

*Note – calories, etc. may fluctuate depending on cut of meat, type of soup, etc.*

**\*\*TIPS:** Instead of diet cola, I use water – usually just 20 ounces. Add 2 to 3 TBS of flour near the end of the cooking to the simmering sauce – it makes beautiful gravy. This dish, along with mashed potatoes, freezes well! I have not been able to find fat-free AND low sodium, so I go with the fat free. I sometimes double the meat in this recipe, but do not double the rest of the ingredients. I make enough for a meal and enough to freeze for future meals.