

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 $\frac{3}{4}$ 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 as well)

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.

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.