

Low-Point Cola Crockpot Roast

Ingredients:

- 2 1/2 lbs Eye Round Roast
- 16 oz. Coke Zero soda
- 1/2 tsp. thyme
- 1 envelope onion soup mix
- 1/4 cup flour
- 1/4 tsp. pepper
- 1 Tbs. Worcestershire Sauce
- 1 Tbs. A1 Sauce
- 1/2 tsp. Italian Seasoning, optional
- 1/8 tsp. cayenne pepper, optional

Add roast to the crockpot, sprinkle with onion soup mix and thyme, and pour coke over roast. Cover and cook on low for 7 hours. Remove roast and let stand for a few minutes before slicing. Meanwhile, carefully transfer crockpot drippings to a large skillet. Combine flour with just enough water to dissolve it. Pour flour mixture into skillet and whisk. Add pepper, worcestershire, A1, Italian seasoning, and cayenne pepper to skillet and continue whisking until mixture begins to thicken slightly. Reduce heat and simmer for 10 to 15 minutes, whisking regularly. Slice the meat and place on a platter. Drizzle gravy on top of roast and pour remaining gravy in a gravy boat for the table. **TIP*** For the leftover roast, place in deep dish and pour leftover gravy on top. Cover and refrigerate. The gravy sauce will soak in, making this meal even more enjoyable the next day. :)

Serving size - 4 oz. slice of roast with 1 or 2 Tbs of gravy
Points per serving - 5.3

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)