

Roast in a Crockpot

7 pounds chuck tender roast or rump roast

1 teaspoon soy sauce

1 teaspoon pepper

1 teaspoon paprika

½ teaspoon crushed red pepper

2 teaspoon minced garlic

1 teaspoon ground cumin

1 teaspoon minced onions

1 teaspoon pepper

Place meat in crockpot, add water to cover meat and turn on high.

Add all other ingredients. Cook until tender and falls apart, easily.