

Crockpot Chipotle Lime Pot Roast

1 cup onion, sliced
1 cup celery, diced
1 cup carrot, diced
2-3 pounds pot roast/rump roast
3 Tablespoons Wildtree Chipotle Lime Rub
¼ cup lime juice (juice of two limes)
1 (15 ounce) can tomato sauce

Place all ingredients in crockpot.

Cover and cook on low for 6 to 8 hours or on high for 3 to 4 hours. Serve with baked potatoes or cooked rice. Serves 6.