

DINNER

Three Packet Slow Cooker Roast

12 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
370 min	10 min	360 min	6	\$2.49	431 kcal



Three Packet Slow Cooker Roast is a gluten free, dairy free, and fodmap friendly main course. This recipe serves 6. One portion of this dish contains approximately 44g of protein, 27g of fat, and a total of 431 calories. For \$2.49 per serving, this recipe covers 25% of your daily requirements of vit...

Ingredients

- ☐ 3 pound boneless beef chuck roast
- ☐ 1 ounce package ranch dressing mix
- ☐ 1 cup water
- ☐ ¾ ounce packet dry brown gravy mix
- ☐ 0.7 ounce package dry Italian-style salad dressing mix

EQUIPMENT Bowl, Whisk, Slow cooker

Method

- 1 Whisk together the water, Italian dressing mix, ranch dressing mix, and brown gravy mix together in a bowl until smooth.
- 2 Place the beef roast into a slow cooker, and pour the sauce over top.
- 3 Cook on Low until the roast is easily pierced by a fork, 6 to 8 hours.

Nutrition per serving

431

KCAL

44 g

PROTEIN

27 g

FAT

3 g

CARBS

Saturated Fat

11.5 g · 72% of daily needs

Sugar

0.5 g · 1% of daily needs

Sodium

593 mg · 26% of daily needs

Cholesterol

156 mg · 52% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/three-packet-slow-cooker-roast-142195