

Crock Pot Roast Beef

<http://userealbutter.com/2008/03/11/crock-pot-roast-beef-recipe/>

3-5 lbs. chuck roast

1 cup water

1 cup red wine

1 cup soy sauce

1 cup celery, diced

1 cup onion, diced

Dump it all in the crock pot. Set to high for 8 hours. Dig in.