SLOW COOKER POT ROAST

WITH CARROTS & ONIONS

Craving comfort food? Look no further than a mouthwatering pot roast! With a few simple prep steps that add considerable flavor to the final dish, the slow cooker does most of the work creating a tender, delicious meal that makes your home smell amazing. The gravy ties all of the savory flavors together for a meal that delivers on flavor.

INGREDIENTS

SERVES ABOUT 4

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1 beef chuck roast (2-1/2 to 3 pounds)
2 tablespoons olive oil
2 tablespoons butter
2 large yellow onions one sliced pole to pole and one chopped into 1-2 inch chunks
3 whole cloves of garlic, peeled and smashed
1 cup red wine
2 cups beef stock
1 tablespoon beef bouillon base (we used Better than Bouillon Roasted Beef Base)
1 teaspoon Worcestershire sauce
4 sprigs fresh parsley
4-6 large carrots, chopped on a bias

POT ROAST GRAVY INGREDIENTS:

2 cups pan drippings (fat separated out)
1 cup additional beef stock, if needed
2 tablespoons butter, softened
2 tablespoons flour
Salt and pepper, to taste

ROAST RUB INGREDIENTS:

2 tablespoons paprika
1 tablespoon Kosher salt
2 teaspoons dried rosemary
2 teaspoons dried thyme
2 teaspoons granulated garlic
1 teaspoon freshly ground pepper

DIRECTIONS

1

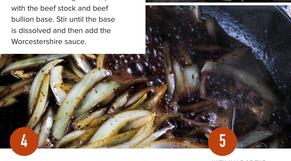
MIX ALL OF THE ROAST RUB spices and herbs together in a small dish.

2

PREPARE THE ROAST by trimming away extra fat on the perimeter, and patting the roast dry. Generously sprinkle with the spice rub on both sides. In a large enameled cast iron braiser or Dutch oven, heat the olive oil and butter until hot and shimmering. Sear the roast on both sides until browned and crusted. Set aside on a plate until ready to start the slow cooker.

3

ADD THE SLICED ONIONS to the same pan used to sear the roast, and stir to deglaze the seared bits of beef and spices from the pan. Cook until the onions begin to turn translucent. Add the smashed garlic cloves and cook for a few more minutes. Deglaze the pan with the beef stock and beef bullion base. Stir until the base is dissolved and then add the Worcestershire sauce.

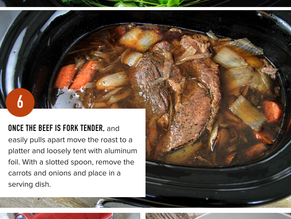


4

POUR THE SLICED ONION and broth mixture into the slow cooker. Add the red wine. Add the chopped onion, then place the seared beef on top. Nestle in a few sprigs of fresh parsley and cover. Cook on the high setting for 4-5-1/2 hours or until the beef is fork-tender or on the low setting for 6-8 hours.

5

WITH HALF OF THE TIME REMAINING, add the sliced carrots to the slow cooker and continue cooking.



6

ONCE THE BEEF IS FORK TENDER, and easily pulls apart move the roast to a platter and loosely tent with aluminum foil. With a slotted spoon, remove the carrots and onions and place in a serving dish.

PREPARE THE GRAVY

7

Prepare the gravy. Use a gravy separator to remove the excess fat from the slow cooker drippings. Add an additional cup of beef stock (or additional stock to make a total of 3 cups of liquid). Bring the liquid to a simmer and reduce by half leaving approximately 1-1/2 cups of liquid. While the gravy simmers down, massage the softened butter and flour together into a paste making a beurre manie; work into 4 small balls. (This step ensures that the gravy will be lump-free). Once the liquid has been reduced, add one flour butter ball at a time to the simmering pan juices, whisking continuously until the gravy thickens. Season with salt and pepper, to taste.

8

SERVE THE ROAST AND VEGGIES WITH A HEARTY SCOOP OF MASHED POTATOES AND GRAVY. ENJOY!

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