SLOW COOKER POT ROAST

WITH CARROTS & ONIONS

Craving comfort food? Look no further than a mouthwatering pot roast! Start with a few simple prep steps that will add considerable flavor to the final dish, then put the slow cooker to work. The result is a tender, delicious meal with enticing aromas. A classic beef gravy ties all of the savory flavors together in a meal that over delivers on satisfaction!

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 one to two inch chunks
3 whole cloves of garlic, peeled and smashed
2 cups beef stock
1 tablespoon beef bouillon base (we used *Better than Bouillon Roasted Beef Base*)
1 teaspoon Worcestershire sauce
1 cup red wine
4 sprigs fresh parsley
4-6 large carrots, sliced on the bias

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

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

DIRECTIONS

1

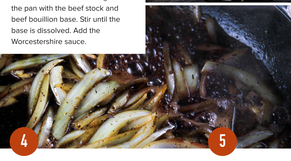
MIX ALL OF THE ROAST RUB spices and herbs together in a small dish.

PREPARE THE ROAST by trimming away any 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.

2

3

ADD THE SLICED ONIONS to the same pan used to sear the roast, and stir while gathering 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 bouillion base. Stir until the base is dissolved. Add the Worcestershire sauce.



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POUR THE SLICED ONION and broth mixture into the slow cooker. Add the red wine and 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 to 5-1/2 hours, or until the beef is fork tender. Alternatively, cook on the low setting for 6 to 8 hours, or until tender.

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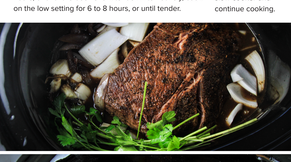
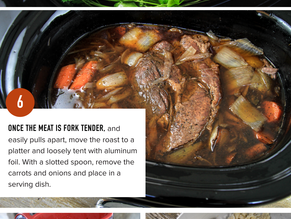
WHEN HALF OF THE TIME REMAINS, add the sliced carrots to the slow cooker and continue cooking.





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ONCE THE MEAT 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 liquids. Add an additional cup of beef stock or, enough additional stock to make a total of 3 cups of liquid. In a sauce pan, bring the liquid to a simmer; reduce by half leaving approximately 1-1/2 cups of liquid. While the liquid simmers down, massage the softened butter and flour together into a paste making a *beurre manie*; form 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. Whisk continuously until the gravy thickens. Season with salt and pepper, to taste.

8

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

VIEW & PRINT OUR RECIPE HERE >>>

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GEAR UP FOR SLOW COOKING SEASON!

1

Victorinox
Fish spatula

2

Le Creuset
3-1/2 QT Braiser

3

Chef'n Fresh
Force Juicer

4

Heritage Small
Sauce Pan

5

Wüsthof Flexible
Boning Knife

6

OXO
Garlic Press