

Recipe Collection



Slow Cooker Pot Roast

Matt Riha

PREP TIME: 10 Minutes

COOK TIME: 8 Hours

SERVES: 10



Ingredients

- 1 Tablespoon of olive oil
- 4 pounds chuck roast
- 2 yellow onions (chopped)
- 8 cloves of garlic (smashed, or 2 tablespoons of minced garlic)
- 1 pound of baby potatoes
- 4 Large Carrots cut into 2 inch pieces
- 2 celery stalks cut into 1 inch pieces
- 1/4 cup of Balsamic Vinegar
- 2 tablespoons of Dijon mustard
- 1 tablespoon of brown sugar
- 2 teaspoons of dried thyme
- 2 teaspoons crushed bouillon
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 cup reduced sodium beef broth
- 2 tablespoons plain flour
- 2 tablespoons fresh chopped parsley

Directions

Slow Cooker

Heat oil in a large skillet or pan over high heat

Season roast with a good amount of salt and pepper. Sear on all sides until brown.

Transfer the roast to the bowl of your slow cooker

Add the onions, garlic, potatoes, carrots, celery, balsamic, mustard, brown sugar, thyme, and bouillon. Season with salt and pepper to taste.

Mix the stock together the flour and pour into the slow cooker bowl. (don't worry about lumps, they will cook out)

Cook on low setting for 8 hours or until meat is tender and falling apart and the vegetables are soft.

Taste test and add any extra balsamic vinegar, brown sugar, salt or pepper if needed.

Slice the meat, garnish with parsley and drizzle with gravy.

Notes:

Instant pot: follow same instructions, you can sear the roast in the pot. Place the instant pot setting to manual mode for 60 minutes and allow pressure to release naturally for 15 minutes before using the quick release valve.