

Slow Cooker Pot Roast

Total Time:
8 hr 50 min

Prep:
25 min

Cook:
8 hr 15 min

Makes:
About 4 servings

Ingredients:

- One 2-pound beef chuck roast
- Sea salt and black pepper
- 3 tablespoons olive oil
- 4 medium carrots, cut into 2-inch pieces
- 3 stalks celery, cut into 2-inch pieces
- 1 medium onion, cut into 1/2-inch wedges
- 3 cloves garlic, mashed
- ¼ cup red wine
- 1 ½ cup beef broth
- 3 bay leaves
- ½ teaspoon thyme
- ¼ teaspoon ground allspice (Optional)
- ½ teaspoon parsley
- 2 - 3 Tbsp of Arrowroot or Corn Starch

Sprinkle the roast all over with salt and pepper. Heat 2 tablespoons of the oil in a large pan over medium-high heat. Add the roast to the skillet and cook until golden brown on all sides (about 8 minutes) turning as needed.

While you are browning the roast: cut the carrots, celery, onions and garlic and put them into the slow cooker. Add the wine, 1 cup of broth (store the other 1/2 cup broth in the refrigerator for later), bay leaves, thyme, and allspice.

Once the roast is browned on all sides, transfer the roast to the slow cooker and place on top of the carrots, celery, onions and garlic. Cover and cook on low for 8 hours. Remove the roast, put it on a plate or cutting board and slice the roast against the grain. Remove the vegetables with a straining spoon and place on a serving platter. Place the sliced roast on top of the vegetables.

Pour the juice that is left in the slow cooker into a pot (use cooking mits as the slow cooker insert is hot). In a measuring cup, pour 1/4 cup of the beef broth you put in the fridge earlier and add 2 tablespoons of your thickening agent (corn starch or arrowroot). Mix it with a fork in the measuring cup until it had dissolved into the cold beef stock. While stirring continuously, pour the beef stock mixture into the pot with the leftover roast juice. Continue to stir while you heat the pot on medium-high until it starts to bubble along the edges. If you like that thickness, you can stir the last 1/4 cup of beef stock into the gravy, turn off the heat, pour a little of the gravy over the roast and vegetables and serve the remaining gravy on the side for people to add to their plates as they like. If you would prefer it a little thicker, add another tablespoon of the thickening agent to the remaining 1/4 cup of cold beef stock and repeat the process of stirring it into the pot.