



## Slow Cooker Pot Roast

### Description

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This Slow Cooker Pot Roast is the ultimate family dinner recipe, especially for the weekend when you have more time to linger over dinner. With just a few minutes of prep work, the slow cooker does the rest, filling your house with tasty aromas all day long. It's gluten free, dairy free, Whole30, and paleo as well. It's a classic combo that's perfect comfort food for a Sunday super with friends and family to gather around the table.

- Prep Time 20 minutes
- Cook Time 8 hours
- Total Time 8 hours 20 minutes
- Cuisine: American
- Servings: 6 servings
- Calories: 682 kcal

### Ingredients

- 2 tbsp olive oil or avocado oil
- 3 pound chuck roast
- 1 onion 1/4? dice, 3 cups
- 4 cloves garlic minced
- 1 cup beef broth
- 1 cup red wine or 1 additional cup beef broth
- 1 tbsp Dijon mustard
- 2 stalks celery thinly sliced
- 2 pounds Yukon gold potatoes (4-5 medium) cut into 3-4? chunks
- 1.5 pounds carrots 5-6, cut into 3? lengths
- 2 sprigs fresh rosemary & 2-3 sprigs of fresh thyme see notes

- 1/2 tsp sea salt or to taste, see notes
- 1/2 tsp ground black pepper

## Instructions

- Place a large 9-10" skillet over medium high heat. When the pan is hot, add 1 tablespoon of the oil and carefully add the roast to the pan. Cook until the roast is well browned, about 4-5 minutes, then turn the roast over and sear the other side.
- Remove the seared roast from the skillet and place it into the slow cooker bowl. Add the additional tablespoon of oil if needed and briefly sauté the onions and garlic, 3-4 minutes, before add the wine or 1 cup of broth and the Dijon mustard to deglaze the pan.
- Make sure to scrape up all the browned bits, then pour the onion mixture over the top of the roast. Next add the remaining cup of beef broth, then the thinly sliced celery.
- Add the potatoes and carrots on top of the celery, then place the herb sprigs over the potatoes. Sprinkle the sea salt and pepper over the top.
- Place the slow cooker lid on and set the timer for 8 hours on low, or until fall apart tender. You can also cook this on high for 4-5 hours, but low heat will give you a more tender roast.
- When the cooking time is up, remove and discard the herb sprigs, season to taste with sea salt and pepper if needed and serve. You can serve this straight from the slow cooker bowl or arrange it on a serving dish.

## Notes

You can also use 2 teaspoons of dried herbs like Italian seasoning or Herbs de Provence. The amount of sea salt needed will depend a lot on how salty your beef broth is. You can always add more at the end of the cooking time if needed.

The long cooking time of 8 hours on low will give you the most tender texture.

For a quick gluten-free gravy, whisk together a couple of tablespoons of cornstarch or tapioca starch with water. Then slowly add it as needed to the strained cooking liquid and bring to a boil to thicken to your liking. Season to taste with sea salt and pepper, and serve it with the roast.

## Nutrition

Calories: 682kcal | Carbohydrates: 41g | Protein: 49g | Fat: 34g | Saturated Fat: 12g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 18g | Trans Fat: 2g | Cholesterol: 156mg | Sodium: 570mg | Potassium: 1928mg | Fiber: 7g | Sugar: 8g | Vitamin A: 18988IU | Vitamin C: 39mg | Calcium: 109mg | Iron: 7mg

## Category

1. Crockpot Recipes

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