

Slow Cooker Pot Roast

Ingredients

- ¼ cup flour plus ¼ cup for thickening
- ½ tsp each oregano, paprika and thyme
- 1 boneless beef chuck roast (2-3 pounds)
- ¼ cup vegetable oil
- 3 small (or 2 medium) onions, cut into wedges
- 2-3 cloves garlic, smashed
- 2 cups beef stock (or stock made from Better Than Bouillon)
- 1 can (8 oz) can tomato paste, optional
- 3-4 carrots, cut into 1 ½ inch pieces or small carrots in a package
- 3 potatoes, preferably Russet, cut into 1 ½ inch pieces*
- Salt and pepper to be added at the end

Grease a 6-quart crockpot or use a liner. Start to heat on high.

Instructions

1. In a shallow pan, combine ¼ cup flour and spices. Dredge the roast, coating on all sides.
2. Heat oil (medium heat) in a large pan and thoroughly brown meat on all sides, making sure not to leave any pink showing.
3. Place onions and garlic in the crockpot and top with the browned roast.
4. Add ¼ cup water to the still warm browning pan; stir and scrape up the brown bits, then add the beef stock and the tomato paste whisking to make sure they're combined; then stir the mixture into the crock pot. Add additional water to slightly cover the roast.

5. Start the crockpot on high; when it starts boiling, either turn the crockpot to low if cooking longer, up to 10 hours; or leave on high, 4-5 hours if cooking for a shorter time.
6. Add the carrots and potatoes about 1 to 1 ½ hours before roast has finished cooking.
7. To thicken the mixture, mix ¼ cup flour with cup water (no lumps) and pour into the crockpot; stir. Cook for an additional 10 minutes. Taste for seasoning.

*Potatoes are optional; sometimes I like to serve this roast with mashed potatoes or oven-roasted potatoes and carrots. You could also use cooked rice or noodles.

Tips

- Other vegetables to use are parsnips, butternut squash, baby carrots, and acorn squash. Green peas can be added in the last couple of minutes.
- The tomato paste is optional, but I think it gives another layer of flavor.
- I use stock instead of broth because it has a richer taste.