

Foodnity Recipes

Crock Pot Pot Roast with Gravy

20 min Prep time	**8 h** Cook time	**8 h 20 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 3 lbs beef chuck roast, trimmed
- [ ] 2 tbsp olive oil
- [ ] 1 large onion, sliced
- [ ] 3 carrots, cut into chunks
- [ ] 2 celery stalks, chopped
- [ ] 3 garlic cloves, minced
- [ ] 2 cups low-sodium beef broth
- [ ] 1/2 cup red wine (optional)
- [ ] 2 tsp fresh thyme leaves
- [ ] 1 tsp fresh rosemary, chopped
- [ ] 2 bay leaves
- [ ] Salt and black pepper to taste

For the Gravy

- [ ] 2 tbsp all-purpose flour
- [ ] 2 tbsp cold water
- [ ] 1 tbsp Worcestershire sauce

Instructions

1. Pat the chuck roast dry, season generously with salt and pepper, and sear in olive oil over medium-high heat until browned on all sides; this adds a deep caramel note.
2. Place the seared roast into the crock pot. Add sliced onion, carrots, celery, and minced garlic around the meat.
3. Pour beef broth, red wine (if using), thyme, rosemary, and bay leaves over the ingredients. Cover and set to low for 8-10 hours.
4. When the roast is fork-tender, remove it and cover with foil. In a small bowl, whisk flour with cold water to create a slurry, then stir it into the cooking liquid along with Worcestershire sauce. Turn the crock pot to high for 15-20 minutes until the gravy thickens.
5. Slice the roast against the grain, drizzle with the velvety gravy, and serve with creamy mashed potatoes or buttered noodles.

Nutrition per serving

480 kcal	42 g	18 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra richness, stir a knob of butter into the finished gravy.
- If you prefer a thicker gravy, double the flour slurry.
- Feel free to add a handful of mushrooms in the last hour for earthier flavor.