

Foodnity Recipes

Crockpot Beef Pot Roast – Easy Slow Cooker Delight

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2.5 lb beef chuck roast, well-marbled
- [ ] 4 carrots, peeled and cut into 1-inch pieces
- [ ] 3 medium potatoes, quartered
- [ ] 1 large onion, quartered
- [ ] 3 cloves garlic, smashed
- [ ] 2 tbsp olive oil
- [ ] 2 cups low-sodium beef broth
- [ ] 2 tbsp tomato paste
- [ ] 1 tsp dried thyme
- [ ] 1 tsp dried rosemary
- [ ] 1 bay leaf
- [ ] Salt and freshly cracked black pepper to taste

Instructions

1. Pat the beef dry with paper towels, season generously with salt and pepper, and rub with olive oil.
2. In a hot skillet, sear the roast on all sides until browned, about 2-3 minutes per side, then transfer to the crockpot.
3. Add the carrots, potatoes, onion, and garlic around the meat; pour in beef broth, stir in tomato paste, thyme, rosemary, and the bay leaf.
4. Cover and cook on LOW for 8-10 hours or on HIGH for 4-5 hours until the beef is fork-tender.
5. Remove the roast, let it rest for 10 minutes, then slice against the grain. Serve with the vegetables and spoon the sauce over everything.

Nutrition per serving

420 kcal	35 g	30 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce seems thin, remove the lid for the last 30 minutes to reduce.
- Feel free to add a splash of apple cider vinegar for extra brightness.
- For a richer broth, stir in a tablespoon of butter just before serving.