

Foodnity Recipes

Easy Crockpot Chuck Roast

15 min Prep time	**8 h** Cook time	**8 h 15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 lb chuck roast, trimmed
- [ ] 1 large onion, sliced
- [ ] 2 carrots, cut into chunks
- [ ] 3 cloves garlic, minced
- [ ] 2 cups low-sodium beef broth
- [ ] 2 tbsp red wine vinegar
- [ ] 1 tbsp brown sugar
- [ ] 1 tsp dried thyme
- [ ] 1 tsp dried rosemary
- [ ] Salt and pepper to taste

Instructions

1. Season the chuck roast generously with salt, pepper, thyme, and rosemary. Heat a skillet over medium-high heat, add a splash of oil, and sear the roast on all sides until browned.
2. Transfer the seared roast to the crockpot. Add the sliced onion, carrots, and minced garlic around the meat.
3. Mix beef broth, red wine vinegar, and brown sugar in a bowl, then pour over the roast and vegetables.
4. Cover and cook on low for 8 hours, or until the meat easily pulls apart with a fork.
5. Remove the roast, let it rest 5 minutes, then slice or shred. Serve with the cooking liquid spooned over the top.

Nutrition per serving

480 kcal	45 g	12 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a thicker sauce, remove the roast after cooking and whisk a slurry of cornstarch and cold water into the liquid, then simmer until glossy.
- Feel free to add a splash of Worcestershire sauce for extra depth.
- Leftovers taste even better the next day as the flavors continue to meld.