

Foodnity Recipes

Savory Crock Pot French Onion Pot Roast

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

Ingredients

Main Ingredients

- [ ] 3 lbs beef chuck roast, trimmed
- [ ] 4 large yellow onions, thinly sliced
- [ ] 2 cups low-sodium beef broth
- [ ] 2 tbsp butter
- [ ] 1 tbsp olive oil
- [ ] 1 tsp dried thyme
- [ ] 1 tsp black pepper
- [ ] 1/2 tsp salt
- [ ] 2 tbsp red wine vinegar

Instructions

1. Pat the roast dry with paper towels, then season with salt, pepper, and thyme. Heat olive oil in a skillet and sear the roast on both sides until browned, about 3-4 minutes per side.
2. In the same skillet, melt butter and add the sliced onions. Cook over medium heat, stirring occasionally, until they turn deep amber and sweet, roughly 15-20 minutes.
3. Transfer the seared roast to the crock-pot. Spoon the caramelized onions over the top, then pour in the beef broth and red wine vinegar.
4. Cover and cook on low for 8-10 hours, or until the meat pulls apart easily with a fork.
5. Remove the roast, let it rest 10 minutes, then slice against the grain. Serve with a ladle of the rich broth and caramelized onions.

Nutrition per serving

420 kcal	30 g	18 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a thicker sauce, mix 1 tbsp cornstarch with cold water and stir into the broth during the last 30 minutes.
- For extra depth, add a splash of sherry or a pinch of smoked paprika.
- Leftovers taste great next day; the flavors only deepen.