

Foodnity Recipes

Slow Cooker Pot Roast – 5-Star Recipe for Busy Nights

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

Ingredients

Main Ingredients

- [ ] 3 lb beef chuck roast, trimmed
- [ ] 4 medium carrots, cut into 1-inch pieces
- [ ] 3 stalks celery, sliced
- [ ] 1 large onion, quartered
- [ ] 4 cloves garlic, minced
- [ ] 2 cups low-sodium beef broth
- [ ] 1/2 cup red wine (optional)
- [ ] 2 tbsp tomato paste
- [ ] 2 tsp sea salt
- [ ] 1 tsp black pepper
- [ ] 2 tsp dried thyme
- [ ] 1 tsp dried rosemary
- [ ] 2 tbsp olive oil

Instructions

1. Season the chuck roast with salt, pepper, thyme, and rosemary. Heat olive oil in a large skillet over medium-high heat and brown the roast on all sides; this creates a flavorful fond.
2. Transfer the seared roast to the slow cooker. Add carrots, celery, onion, and garlic around the meat.
3. In a mixing bowl, whisk together beef broth, red wine (if using), and tomato paste. Pour the mixture over the roast, ensuring it’s partially submerged.
4. Cover and set the slow cooker to LOW for 8 hours, or HIGH for 4-5 hours, until the meat is fork-tender.
5. Once done, remove the roast and let it rest for 10 minutes before slicing. Meanwhile, use the crock pot pot roast recipe as inspiration for a thicker gravy if desired.
6. Serve slices over the vegetables, spooning the luscious sauce over the top. For a side note, you might enjoy checking out beef ramen idea for a noodle twist.

Nutrition per serving

420 kcal	38 g	12 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the broth looks thin, stir in a cornstarch slurry during the last 15 minutes.
- Feel free to add a splash of balsamic vinegar for a deeper flavor.
- For extra herb aroma, sprinkle fresh parsley just before serving.