



SLOW COOKED POT ROAST

This recipe is simply fool-proof! You will have the most tender, delicious roast while the crock pot does all the work.

INGREDIENTS

- 3-4 lb chuck roast
- 5 potatoes peeled and sliced into wedges
- 1 lb carrots, sliced thick - or 1 bag of baby carrots
- 2 medium onions quartered
- 8 oz mushrooms sliced
- 2 cloves of garlic smashed
- 1 tsp thyme
- sprig or two of fresh rosemary (optional)
- ½ tsp black pepper - more or less to taste
- 1 pkg brown gravy mix
- 1 pkg onion soup mix
- 2 cups water



INSTRUCTIONS

1. Place your roast in your 6-quart crock pot.
2. Surround your roast with your potato wedges, onion, mushrooms and carrots. Add in the smashed garlic, thyme, rosemary and pepper.
3. Mix together your brown gravy and onion soup mix with 2 C water. Pour over your roast and veggies.
4. Cover and cook on low for 6-8 hours.

COOKING TIPS AND SWAPS:

Chuck roast: I recommend sticking with chuck roast for this recipe, as it will give you the tender, fall-apart chunks you're looking for with Slow Cooker Pot Roast.

Carrots: you can cut back on prep time by using packaged baby carrots, but make sure they are on the hearty size. Otherwise you will end up with mushy carrots. If slicing your carrots, don't slice them too thin, as they will turn to mush. We recommend hearty chunks about the same size as the potato chunks.

Mushrooms: this recipe does contain mushrooms, but if you're not a fan you can simply omit them.

Onion: yellow or white will do!

Low heat vs. high heat: I recommend cooking this on low, as the longer it cooks, the more tender the meat will be. All slow cookers cook differently, so cooking times are always a basic guideline and should always be tested first in your own slow cooker and time adjusted as needed.

Potatoes: red potatoes or yukon gold work the best with this recipe. You can use baby potatoes. If using baby potatoes, I recommend checking the potatoes 1 hour prior to the roast being done and possibly removing them and allowing the roast to continue in the slow cooker for the duration. You can always rewarm the potatoes by adding them back to the pot in the last 20 minutes.