

Slow Cooked Pot Roast with Veggies

Ingredients:

3-4 pounds beef chuck roast
2 tablespoons vegetable oil
Salt and pepper
1 onion, chopped
3-4 cloves garlic, minced
3-4 carrots, cut into chunks
3-4 potatoes, cut into chunks
2-3 cups beef broth or stock
2 tablespoons Worcestershire sauce
2 sprigs fresh thyme
2 sprigs fresh rosemary
2 bay leaves
1 tablespoon cornstarch (optional, for thickening)

Instructions:

Prep the Roast:

Pat the beef chuck roast dry and season it generously with salt and pepper.

Sear the Meat:

In a large skillet or Dutch oven, heat the vegetable oil over medium-high heat. Sear the seasoned roast on all sides until it develops a deep brown crust. This step helps lock in flavor.

Prepare the Slow Cooker:

Transfer the seared roast to a slow cooker. Add the chopped onion, minced garlic, carrots, and potatoes around the roast.

Add Broth and Seasonings:

Pour the beef broth over the roast and vegetables. Add Worcestershire sauce, thyme, rosemary, and bay leaves to the slow cooker for added flavor.

Cook the Pot Roast:

Cover the slow cooker and cook on low for about 8 hours or on high for 4-5 hours until the roast is tender and easily shreds with a fork.

Optional Thickening:

If you desire a thicker gravy, remove some of the liquid from the slow cooker and mix it with cornstarch. Return the mixture to the slow cooker and let it cook for an additional 15-20 minutes until the sauce thickens.

Serve:

Discard the herb sprigs and bay leaves before serving. Slice or shred the pot roast and serve with the cooked vegetables.