



Slow Country Pot Roast

Recipe By JOE LASHER, SR.

SERVES: 6

INGREDIENTS:

- ☐ 1 (3 lb.) chuck roast
- ☐ 2 tbsp. olive oil, *divided*
- ☐ 1 tbsp. salt
- ☐ 1 tbsp. pepper
- ☐ 1 large yellow onion, *peeled and halved, then cut into thick slices*
- ☐ 2 tbsp. garlic, *minced*
- ☐ 1¼ cup beef broth
- ☐ 2 tsp. Worcestershire sauce
- ☐ 1 tbsp. thyme
- ☐ 1 tbsp. rosemary
- ☐ 2½ lbs. fingerling potatoes, *washed and left whole*
- ☐ 1 lb. medium carrots, *peeled and cut into 1 inch pieces*
- ☐ 2 tbsp. fresh parsley, *for garnish*

DIRECTIONS:

- ☐ 1. Pat dry your roast with a paper towel and then liberally coat with salt and pepper.
- ☐ 2. Heat one tbsp. of olive oil over medium-high heat in large skillet. Brown both sides of pot roast in olive oil, approximately 4 minutes per side. Place browned roast in slow cooker.
- ☐ 3. In the same skillet, add the remaining olive oil and onion; sauté for 2 minutes. Add garlic; sauté for another minute, then pour onion mixture over the pot roast.
- ☐ 4. In same skillet, add beef broth, Worcestershire, thyme, and rosemary; let warm for a minute or so, scraping the bottom of the skillet. Then remove from heat.
- ☐ 5. Layer potatoes and carrots over top of pot roast in slow cooker, then pour the broth mixture over top and season with salt and pepper to taste.
- ☐ 6. Place lid on slow cooker and set on low. Cook for 8-9 hours, until carrots and potatoes are soft.
- ☐ 7. Shred beef, removing any fat, and serve over your favorite white bread or whipped potatoes, or enjoy the beef and vegetables as they are! Don't forget to garnish with fresh parsley!

Leftover pot roast, caramelized onions, smoked gouda, and a toasted ciabatta bun... Perfection!

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