

Onion Pot Roast

Courtesy of Carole's Creations

Prep Time: 12 minutes

Cooking Time: Slow Cooker 8 hours

Serves: 6 or more

CChints: A complete meal that cooks while you are away. This is good old fashion comfort food that's been a classic in American families for years.



3 – 4 pound boneless chuck roast
1 teaspoon salt, divided
Fresh black pepper
2 teaspoons olive oil
14 ounce can reduced sodium beef broth
1 envelope dry onion soup mix
1/2 cup red wine like a Merlot or Cabernet
1 teaspoon minced garlic, fresh or from a jar
1 large yellow, cut into 8 chunks
1 pound prewashed baby carrots
2 russet potatoes cut into 1 inch pieces
8 ounce package sliced portabella mushrooms
Optional: Serve with bread and butter pickles

Cut off any large pieces of excess fat from the meat. Rinse, pat dry with a paper towel and sprinkle one side with 1/3 teaspoon salt and a dash of fresh pepper. Pour 2 teaspoons oil in a large skillet and turn the heat to medium-high. Add the meat, seasoned side down and let it brown for 3 – 4 minutes. Sprinkle the other side of the meat with 1/3 teaspoon salt and a dash of pepper.

During this time, cut the onion and set aside. Turn the meat over to brown on the other side for 3 minutes. Wash and slice the potatoes and add them to the cut onions.

Get out your slow cooker. Transfer the meat to the cooker. Add the broth and wine. Sprinkle the meat with the garlic and add onions, carrots and potatoes to the slow cooker. Sprinkle with the remaining salt and add a dash of pepper. Lay the rosemary sprig on top and sprinkle with mushrooms. Cover and cook on medium power for 8 hours.

Turn off the heat and remove the vegetables from the cooker and keep warm. The meat should be tender and break apart. Transfer the meat to a serving platter. Pour the juices into a large 2-3 cup glass bowl or pitcher. Let stand for a few minutes to allow the fat to rise to the top, skim off what you can. You can break up the potatoes a little to allow the butter and/or pot roast juices to be absorbed. Pour the juices over the meat and veggie and enjoy.

Store any leftovers in an oven or microwave safe container, with a lid, in the refrigerator for 3-4 days. Store the juice separately and before you heat it again, remove any excess fat.