

Best Crock Pot Roast

Serves: 4 (Unless you're feeding boys)

INGREDIENTS:

- 3 lbs Chuck roast (beef or venison)
- 1 tsp Dried rosemary, crushed
or 2 sprigs of rosemary, chopped
- 1 tsp Dried thyme
- 4 Fresh garlic cloves, chopped
- ½ c. Olive oil
- ¼ c. Balsamic vinegar
- 2 Vidalia onions, large
- 1 lb Carrots, scrubbed and cut into
4" pieces
- 1.5 lbs Baby or fingerling potatoes (like the
Little Potato Company Terrific Trio)
- 2 c. Water, warm
- ¼ c. All purpose flour
- Salt and Pepper



DIRECTIONS:

1. Mix together the rosemary, thyme, salt, pepper, garlic, olive oil, and balsamic in a large bowl. Spread some on the roast and reserve the rest for later.
2. In a saucepan over high heat, brown the roast. Hint: the roast does not have to be thawed (in case you forget to take it out like me). Place the roast in a crock-pot.

3. Mix the remaining spice/oil mixture with the vegetables to evenly coat, then place in the crock-pot over and on the sides of the roast. Cook on low for 8 hours if roast is thawed, on high if frozen.

4. When the meat can be easily pulled apart with a fork, its done. Drain all the liquids into a large saucepan, and turn on high. In a tall glass, put the warm water in and add the flour. Stir with a fork until smooth. Feel free to remove any lumps at this time. When the liquids from the roast are bubbling, slowly whisk in a little of the flour/water mixture at a time until the gravy is the desired consistency.

5. I usually serve the meal right out of the crock-pot, and cover everything in gravy. Don't forget to have some dinner rolls or fresh bread warmed up and ready for this one!

I hope this warms you up this winter!

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