

Fine w/ Food

SLOW COOKER POT ROAST

- 3–4 lbs. chuck roast
- 1 yellow onion, roughly chopped
- 4 large carrots, roughly chopped
- 4 cloves of garlic, sliced
- 1 cup beef bone broth
- 1 cup red wine
- dash of worcestershire sauce
- 1 tbsp. tomato paste
- salt & pepper
- fresh thyme sprigs
- avocado oil

bring a skillet to medium–high heat. pat dry chuck roast and season generously with salt. once skillet is hot, add in avocado oil and sear chuck roast on all sides (3–4~ per side), then transfer to slow cooker

add chopped onions and carrots to skillet, season with salt & pepper, and sauté until onions are translucent. transfer onions and carrots to slow cooker, arranging them around the chuck roast

add beef bone broth, red wine, tomato paste, and a dash of worcestershire sauce to skillet and deglaze, scraping up all the flavor from the browned chuck roast

transfer liquid to slow cooker, add in garlic and fresh thyme sprigs, and cook on low for a minimum of 7 ½ hours

when you're ready to eat, remove thyme sprigs from the slow cooker, take out the chuck roast, cut the string off the meat, and shred. place shredded roast back into the crockpot

serve over mashed potatoes, and enjoy!

