

Classic Pot Roast with garlic-thyme gravy

Boneless beef chuck roast is ideal for this recipe; the tough meat becomes tender and succulent when cooked with moisture for a long time. Trim away as much fat as possible to keep the sauce from becoming greasy.

Makes 6 servings

Preparation time: 20 minutes

Cooking time: 4–5 hours (high heat)
8–9 hours (low heat)

- 3 Tbsp. vegetable oil
- 1 boneless chuck roast, trimmed, seasoned with salt and pepper (3–4 lb.)
- $\frac{1}{4}$ cup all-purpose flour
- 2 Tbsp. tomato paste
- $\frac{1}{2}$ cup dry white wine
- $1\frac{1}{2}$ cups low-sodium beef broth
- 1 Tbsp. Worcestershire sauce
- 2 cups sliced onions
- 6 medium carrots, peeled and cut into 2- to 3-inch pieces
- 3 large celery ribs, cut into 2- to 3-inch pieces
- 6 cloves garlic, chopped
- 3–4 sprigs fresh thyme
- 2 bay leaves

Heat oil in a sauté pan over medium-high. Sear roast on all sides, 10 minutes total. Transfer roast to a 4- to 6-qt. slow cooker.

Stir flour into sauté pan; cook 1 minute. Add tomato paste and cook 1 minute more.

Deglaze sauté pan with wine, cooking until liquid evaporates. Stir in broth and Worcestershire; bring mixture to a simmer, scraping up any brown bits.

Transfer broth mixture to the slow cooker; add onions, carrots, celery, garlic, thyme, and bay leaves. Cover and cook until meat is fork-tender, on high-heat setting for 4–5 hours or on low-heat setting 8–9 hours. Discard thyme sprigs and bay leaves before serving.

Per serving: 427 cal; 15g total fat (4g sat); 100mg chol; 251mg sodium; 15g carb; 2g fiber; 53g protein



Sear the beef to brown it well on all sides. This technique will add color and flavor to the finished dish.



As they cook, the vegetables and herbs add flavor and juices that will enhance the finished sauce.