

# Pot Roast

## Ingredients

- 3-4 lb. Chuck Roast
- 2 TBS flour (can also use cornstarch or arrow root starch)
- 4 TBS olive oil
- 2 tsp dijon mustard
- 1 TBS tomato paste
- 2 TBS apple cider vinegar
- 1 cup beef broth
- 1 large yellow onion, cut into 1/4 inch slices
- 4 large carrots, cut into 2 inch pieces
- 4 stalks of celery, cut into 2 inch pieces
- 1.5 lbs medium sized yellow potatoes, quartered
- 2 bay leaves
- 3-4 sprigs fresh thyme

### For Meat Seasoning:

- 2 tsp coconut sugar (can sub brown sugar)
- 1 tsp (of each) salt, garlic powder, onion powder, chili powder, paprika
- ½ tsp black pepper
- 2 cloves minced garlic

## Directions

1. Pat roast completely dry with paper towels. Combine seasoning ingredients and massage it onto all sides of the roast, followed by the flour. Spray both sides with olive oil.
2. Heat olive oil in a large pan over medium-high heat. Add the roast and sear on each side for 3-4 minutes, until a brown crust has developed. Decrease heat slightly if needed during cooking.
3. Remove from heat and place in a greased crock pot.
4. Add 1 TBS of olive oil to the skillet and saute garlic for 1 minute. Add vinegar, tomato paste, dijon mustard and beef broth to the skillet. Bring to a gentle boil.
5. Meanwhile, prep your veggies and potatoes. Add them to the crockpot, on top of your chuck roast.
6. Pour sauce over the veggies and meat. Add 3-4 sprigs fresh rosemary and 2 bay leaves on top
7. Cook on low for 8-10 hours or high for 6-8 hours. Carefully remove the carrots, potatoes, and the roast and set on a serving platter.
8. If desired, mix ¼ cup of hot liquid from the crockpot with 2 TBS cornstarch. Add to a small saucepan, along with the rest of the liquid from the crockpot. Heat on medium heat for 4-5 minutes, until it has thickened and pour over the roast.

MADE WITH LOVE

by Teresa Forchand