



## Slow Cooker Beef Pot Roast

 Popular

READY IN



410 min.

SERVINGS



8

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon butter
- ☐ 3 medium carrots cut into chunks
- ☐ 2 stalks celery cut into chunks
- ☐ 2.5 cups chicken broth
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 1 sprig rosemary fresh
- ☐ 2 sprigs thyme leaves fresh
- ☐ 2 cloves garlic minced

- ☐ 8 ounces mushrooms sliced
- ☐ 1 medium onion chopped
- ☐ 5 pound beef pot roast bone-in
- ☐ 8 servings salt and pepper to taste
- ☐ 1 tablespoon tomato paste
- ☐ 2 tablespoons vegetable oil

## Equipment

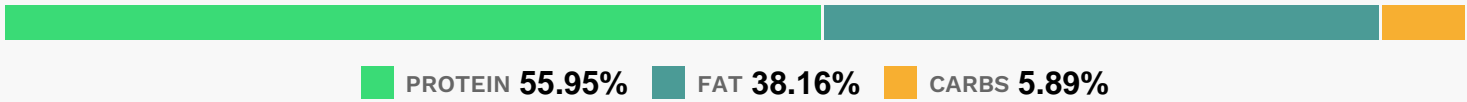
- ☐ frying pan
- ☐ slow cooker

## Directions

- ☐ Generously season both sides of roast with salt and pepper.
- ☐ Sprinkle flour over the top until well coated, and pat it into the meat. Shake off any excess.
- ☐ Heat vegetable oil in a large skillet over medium-high heat until hot. Sear the roast on both sides for 5–6 minutes each, until well browned.
- ☐ Remove from the skillet and set aside.
- ☐ Reduce the heat to medium and stir in mushrooms and butter; cook for 3–4 minutes.
- ☐ Stir in onion; cook for 5 minutes, until onions are translucent and begin to brown.
- ☐ Add garlic, stir for about a minute.
- ☐ Stir in 1 1/2 tablespoons flour; cook and stir for about 1 minute.
- ☐ Add tomato paste, and cook for another minute.
- ☐ Slowly add chicken stock, stir to combine, and return to a simmer.
- ☐ Remove skillet from the heat.
- ☐ Place carrots and celery in the slow cooker.
- ☐ Place roast over the vegetables and pour in any accumulated juices.
- ☐ Add rosemary and thyme.
- ☐ Pour onion and mushroom mixture over the top of the roast. Cover slow cooker, turn to high and cook the roast for 5–6 hours, until the meat is fork tender.

Skim off any fat from the surface and remove the bones. Season with salt and pepper totaste.

# Nutrition Facts



## Properties

Glycemic Index:47.85, Glycemic Load:2.25, Inflammation Score:-10, Nutrition Score:37.175217172374%

## Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

## Nutrients (% of daily need)

Calories: 471.73kcal (23.59%), Fat: 19.5g (30.01%), Saturated Fat: 6.78g (42.38%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 5.29g (1.93%), Sugar: 2.93g (3.26%), Cholesterol: 189.5mg (63.17%), Sodium: 729.01mg (31.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.34g (128.69%), Zinc: 15.86mg (105.76%), Selenium: 73.23µg (104.61%), Vitamin B12: 6.01µg (100.18%), Vitamin B3: 16.41mg (82.07%), Vitamin A: 3954.68IU (79.09%), Vitamin B6: 1.49mg (74.32%), Phosphorus: 616.56mg (61.66%), Vitamin B2: 0.67mg (39.35%), Iron: 6.22mg (34.57%), Potassium: 1190.71mg (34.02%), Vitamin B5: 2.41mg (24.06%), Vitamin B1: 0.29mg (19.61%), Copper: 0.39mg (19.57%), Magnesium: 75.5mg (18.87%), Vitamin K: 16.03µg (15.26%), Folate: 55.25µg (13.81%), Vitamin E: 1.44mg (9.61%), Manganese: 0.18mg (9.17%), Calcium: 64.9mg (6.49%), Fiber: 1.49g (5.96%), Vitamin C: 4.35mg (5.27%), Vitamin D: 0.34µg (2.27%)