

DINNER

Slow Cooker Beef Pot Roast with Gremolata

19 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	10	\$3.17	462 kcal

Slow Cooker Beef Pot Roast with Gremolata could be just the gluten free and dairy free recipe you've been looking for. For \$3.17 per serving, this recipe covers 19% of your daily requirements of vitamins and minerals. This main course has 462 calories, 19g of protein, and 31g of fat per serving. Thi...

Ingredients

- ☐ 2 pounds baking potatoes, peeled and cut into 1-inch pieces

☐ 1 teaspoon freshly ground black pepper

☐ ¼ teaspoon crushed red pepper

☐ 2 tablespoons chopped fresh flat-leaf parsley

☐ 1 garlic clove, minced

☐ ½ teaspoon grated lemon rind

☐ 1 teaspoon olive oil

☐ 2½ pound boneless cross-rib chuck roast, trimmed

☐ ¼ cup chopped drained oil-packed sun-dried tomato halves
- ☐ 2 bay leaves

☐ 3 large carrots, peeled and cut into 1-inch pieces

☐ ¾ cup dry red wine

☐ 1 teaspoon chopped fresh thyme

☐ 4 garlic cloves, crushed

☐ 1 cup fat-free, less-sodium beef broth

☐ 2 cups chopped onion (about 1 large)

☐ 1½ teaspoons salt

☐ 4 thyme sprigs

EQUIPMENT Bowl, Frying pan, Pot, Slow cooker

Method

- 1 To prepare pot roast, sprinkle roast evenly with salt and black pepper.
- 2 Heat oil in a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- 3 Add roast to pan; cook 5 minutes, turning to brown on all sides.
- 4 Transfer roast to an electric slow cooker. Recoat pan with cooking spray.
- 5 Add onion to pan; saut 8 minutes or until tender.
- 6 Add broth and next 6 ingredients (through bay leaves) to pan; bring to a simmer.
- 7 Add broth mixture to slow cooker. Arrange carrots and potatoes around roast in slow cooker. Cover and cook on HIGH 2 hours. Reduce heat to low; cook 4 hours.
- 8 Remove bay leaves and thyme sprigs from slow cooker; discard.
- 9 Remove roast from slow cooker; shred with 2 forks.
- 10 To prepare gremolata, combine parsley and remaining ingredients in a small bowl, stirring well.
- 11 Serve with roast and vegetable mixture.
- 12 Wine note: Slow-cooked pot roast has a tender meatiness that's simple but luscious, especially when the roast's flavors are entwined with the earthiness of long-simmered root vegetables. Wines that work well with a dish like this are also soft, earthy, and (usually) red. One of my favorites is a supple zinfandel such as Bogle's Old Vine Zinfandel from California (\$11). --Karen MacNeil

Nutrition per serving

	462 KCAL	19 g PROTEIN	31 g FAT	24 g CARBS
Saturated Fat				12.7 g · 79% of daily needs
Fibre				2.9 g · 12% of daily needs
Sugar				4 g · 4% of daily needs
Sodium				469 mg · 20% of daily needs
Cholesterol				68.6 mg · 23% of daily needs
Vitamin C				12.5 mg · 15% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/slow-cooker-beef-pot-roast-with-gremolata-143813