

## *Slow Cooker Chuck Roast*



*Recipe for a 7-quart slow cooker*

Serves: About 6

Cooking Time: About 8 hours on low or about 5 - 6 hours on high

### ***Ingredients***

- 4 - 6 large red potatoes (scrubbed and cut into equal sized chunks)
- 1-pound bag of baby carrots (rinsed)
- 1 (2 – 3) pound chuck roast (washed and patted dry with paper towel)
- Kitchen Bouquet, Gravy Master or other browning liquid (optional)
- 1 medium white onion, peeled and sliced into rings
- 2 Bay Leaves
- Salt and Pepper to taste (I use about 1/4 of a teaspoon of pepper and a sprinkle of salt)
- 1/4 teaspoon dried Oregano (I use about 3 or 4 sprigs of fresh Oregano.)
- 1/2 cup water or beef broth. (I use homemade beef broth. It's much lower in salt.)

## ***Directions:***

1. Place the carrots and potatoes on the bottom of the slow cooker along with half the onion rings.
2. Then put the roast on top of the vegetables.
3. Brush with roast with a browning agent like Kitchen Bouquet or Gravy Master.
4. Sprinkle the herbs and spices on top of the roast (Bay leaves, salt, pepper, oregano and any other spices you'd like).
5. Pour the water/beef broth along the side of the slow cooker. Try not to wet the roast and wash the spices off.
6. Cover the slow cooker and cook on low for about 8 hours or on low or 5 - 6 on high.
7. Remove the bay leaves and serve.