

Mediterranean Beef Pot Roast & Vegetables

Ingredients:

3 – 3 1/4 Lb CAB Boneless Chuck Roast
8 New Red Potatoes, 2 - 2 1/2" diameter
1/2 Lbs. Packaged Baby Carrots
4 Whole Cloves of Garlic
1/4 C Water
1/4 C Dry Red Wine
2 Tbsp Cornstarch dissolved in 3 Tbsp Water
Chopped Fresh Parsley
Seasoning:
1 tsp Dried Rosemary Leaves, crushed
1 tsp Salt
1/2 tsp Pepper

Preparation:

In a slow cooker, place potatoes, carrots, and garlic. In a small bowl, combine the seasoning ingredients. Press evenly into surface of beef roast. Place on top of vegetables. Add water and wine. Cover and cook on LOW 10-11 hrs., or until pot roast and vegetables are tender. Remove pot roast and vegetables; keep warm. To make gravy, strain cooking liquid; skim fat. In a small saucepan, combine 2 C cooking liquid and cornstarch mixture. Bring to a boil; cook and stir 1 minute, or until thickened. Just before serving, carve pot roast across the grain into thin slices. Serve with vegetables and gravy. Garnish with parsley, as desired.

Makes 6-8 Servings

