

IN THE KITCHEN WITH



Italian Pot Roast

Adapted From Southern Living 2010, Image Courtesy of www.myrecipes.com

Ingredients

- 1 (8-oz.) package sliced fresh mushrooms
- 1 large sweet onion, cut in half and sliced
- 1 (3- to 4-lb.) boneless chuck roast, trimmed
- 1 teaspoon pepper
- 2 tablespoons olive oil
- 1 (1-oz.) envelope dry onion soup mix
- 1 (14-oz.) can beef broth
- 1 (8-oz.) can tomato sauce
- 3 tablespoons tomato paste
- 1 teaspoon dried Italian seasoning
- 2 tablespoons cornstarch

Directions

1. Place mushrooms and onion in a lightly greased 5-to 6-qt. slow cooker.
2. Sprinkle roast with pepper. Cook roast in hot oil in a large skillet over medium-high heat 2 to 3 minutes on each side or until browned.
3. Place roast on top of mushrooms and onion in slow cooker. Sprinkle onion soup mix over roast (optional); pour beef broth and tomato sauce over roast. Cover and cook on LOW 8 to 10 hours or until meat shreds easily with a fork.
4. Transfer roast to a cutting board; cut into large chunks, removing any large pieces of fat. Keep roast warm.
5. Skim fat from juices in slow cooker; stir in tomato paste and Italian seasoning. Stir together cornstarch and 2 Tbsp. water in a small bowl until smooth; add to juices in slow cooker, stirring until blended. Increase slow cooker heat to HIGH. Cover and cook 40 minutes or until mixture is thickened.
6. Add in Roast, serve hot.

** Onion Soup Mix Alternative: I personally omit the onion soup mix because I try to avoid MSG and it just isn't natural or necessary for a tasty potroast. Instead, I heat a sauté pan and add in a tablespoon of butter. I cook the sliced sweet onion until it is caramelized. I mix in one teaspoon of beef base and a bit of red wine or water. Once the pan is deglazed and the base is incorporated, I pour into crockpot. It is a healthier option in my opinion although, the beef base does contain salt so please go light on the salt for the rest of the recipe**

