

## **Mediterranean Beef Pot Roast & Vegetable**

**SOURCE:** Crockpot Cooking

**Chapter:** National Cattlemen's Beef Association

**Prep Time:** 20 minutes

**Cooking Time:** 10-11 hours

### **INGREDIENTS:**

3-3/4 lbs boneless beef chuck shoulder pot roast, or bottom round rump

8 (approximately 1 lb) new red potatoes

1/2 lb baby carrots, peeled

4 whole garlic cloves, peeled

1 tsp dried rosemary leaves, crushed

1 tsp salt

1/2 tsp pepper

1/4 C water

1/4 C dry red wine

2 TBS cornstarch, dissolved in 2 TBS water

Parsley, chopped, for garnish

### **DIRECTIONS:**

In slow cooker, place potatoes, carrots & garlic. Rub beef pot roast with rosemary, salt & pepper; place on top of vegetables. Add water & wine. Cover & cook on LOW 10-11 hours or till beef & vegetables are tender.

Remove pot roast; trim fat, if necessary. Arrange pot roast & vegetables on serving platter; cover & keep warm. Just before serving, carve pot roast across the grain into thin slices.

For gravy, strain cooking liquid; skim off fat. In small saucepan, combine 2 cups cooking liquid & cornstarch mixture till blended. Bring to boil; cook & stir 1 minute or till thickened. Garnish beef & vegetables with parsley; serve with gravy.

An idea: use instant onion soup instead of rosemary - cut back on the salt if you use the soup - I've had good luck using roasting bags also ...

Serves: 6 to 8