Crockpot Chuck Roast



Adapted • Shared by Steve Janowicz

Ingredients

• oil
• 3 lb chuck roast (trimmed if needed)
• 2 tbsp steak seasoning
• 1 tbsp dried thyme
• 1 cup beef broth
• 1/3 cup water
• 1 tbsp cornstarch
• 2 lbs potatoes (optional)
• 1 lb carrots (optional)
• 1 yellow onion (optional)
• 1 tbsp steak seasoning (optional)
• 1½ tsp thyme (optional)

Instructions

1. Coat each side of the roast with oil. Combine steak seasoning and thyme in a small bowl. Liberally season both sides of the roast.

2. Heat a large cast iron skillet over high heat (*see note). Once the skillet is hot, sear each side of the roast for 2-3 minutes. Place roast in slow cooker.

3. Pour beef broth into skillet. Allow broth to simmer for one minute. Scrape the bits up off the bottom of the skillet. Pour all liquid from skillet into the slow cooker.

4. *OPTIONAL: If using vegetables wash, peel, and cut them into large pieces. Add them to a large bowl, then drizzle with a little bit of oil. Sprinkle on seasonings and mix until evenly distributed. Top the roast with the vegetables.

5. Cook on low for approximately 7-8 hours or high for 3.5-4 hours. I prefer low whenever possible.

6. Around hour 7-8 (or 3.5-4 if your slow cooker is on high) begin checking for tenderness with a fork. Once the roast just begins to fall apart around the edges, dissolve the cornstarch in the water and pour into the liquid left in the slow cooker. Stir well to combine. Cover and allow to cook for 1 more hour, or until the roast is super tender.

7. After an hour, the gravy should be thick enough to coat the back of a spoon. If it isn't leave the slow cooker on high with the lid off while you prepare the meat in the next step. That will allow extra water to evaporate, thickening the juices.

8. Before serving, carefully remove meat from slow cooker and place onto a cutting board. Gently

separate the meat form the fatty sections. Discard the fat. Place the large chunks of meat on a platter or back in slow cooker to serve.

Notes

Chef created this recipe based on the dish title and common cooking methods. Please review and adjust to taste.