



Slow-Cooker Pot Roast



1/12th of recipe (about 2 1/2 oz. cooked meat with 2/3 cup broth and veggies): 206 calories, 7g total fat (3g sat. fat), 447mg sodium, 11g carbs, 2g fiber, 4.5g sugars, 25.5g protein

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Prep: 15 minutes **Cook:** 10 minutes plus 3 to 4 hours or 7 to 8 hours



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Ingredients

One 3-lb. raw boneless chuck beef roast (trimmed of excess fat)
1 tsp. each salt and black pepper
One 14-oz. can fat-free beef broth
4 cups carrots cut into 1/2-inch coins
3 cups roughly chopped onion
2 cups sliced mushrooms
1 cup celery cut into 1/2-inch pieces
2 tbsp. tomato paste
1 tbsp. Worcestershire sauce
2 sprigs fresh thyme
1 tsp. chopped garlic
2 tbsp. cornstarch

Directions

Bring a large skillet sprayed with nonstick spray to high heat. Season roast with 1/4 tsp. each salt and pepper. Cook and rotate until all sides are browned, about 5 minutes. Place in a slow cooker.

Add all remaining ingredients *except* cornstarch to the slow cooker, including the remaining 3/4 tsp. each salt and black pepper. Gently stir.

Cook on high for 3 - 4 hours or on low for 7 - 8 hours, until roast is cooked through.

Turn off slow cooker. In a small bowl, dissolve cornstarch in 2 tbsp. cold water. Stir into the liquid in the slow cooker. Let sit, uncovered, until slightly thickened, about 5 minutes.

Remove and discard thyme sprigs. Slice meat and serve topped with veggies and sauce!

MAKES 12 SERVINGS

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