



## 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

**Freestyle™ SmartPoints®** value 4\*

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

Tagged: [Lunch & Dinner Recipes](#), [Holiday Recipes](#), [Four or More Servings](#)

### 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**

**SmartPoints®** value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.