

Crock Pot Chuck Roast

Ingredients

- 1 tablespoon canola oil
- 1 boneless beef rump or chuck roast (3 to 3-1/2 pounds)
- 1/4 cup beef broth or water, for deglazing
- 6 medium carrots, cut into thirds
- 6 medium potatoes, peeled and quartered
- 1 large onion, quartered
- 1 package of Onion Soup Mix
- Pepper to taste
- 1 can of cream of mushroom soup
- 1 can of water
- 2 tablespoons cornstarch
- 2 tablespoons water

Directions

Step 1: Brown the roast

Start by heating the oil in a large skillet over medium heat. Add the roast and brown it on all sides, about five minutes per side. When it's finished, remove the roast to a platter and deglaze the pan with the broth or water, using a spoon to release any burnt bits.

Step 2: Prepare the slow cooker and cook

While the meat is browning, place the carrots, potatoes and onion in the bowl of a 6-quart slow cooker. Place the roast on top of the vegetables and sprinkle it with the onion soup mix. Add the deglazing liquid, can of cream of mushroom soup and 1 can of water and cook, covered, on low for 10 to 12 hours, until the beef and vegetables are tender.

Step 3: Make the gravy

Transfer the roast and vegetables to a serving platter and keep warm by tenting them with aluminum foil. Skim off the excess fat, pour the juices into a small saucepan and heat over medium-high heat until the juices are boiling. Combine the cornstarch and water in a small bowl. Stir the cornstarch slurry into the juices and return the mixture to a boil, stirring constantly. Cook until the mixture is thickened, about 1 to 2 minutes. Serve the gravy over top of the roast.