



Italian Pot Roast

Beef, Crock Pot, Italian

Prep Time: 20 mins **Cook Time:** 8 hrs **Difficulty:** Easy **Servings:** 8 servings

INGREDIENTS

- 1 three pound beef roast chuck will produce the most tender result
- 5 teaspoons kosher salt divided
- 1 teaspoon pepper
- 1 tablespoon olive oil
- 4 cloves garlic peeled left whole
- 2 sprigs fresh rosemary
- 4 celery stalks quartered
- 2 carrots peeled and quartered
- 32 ounce can whole peeled tomatoes
- 2 cups beef broth
- 1 cup dry red wine or additional beef broth
- fresh parsley to serve



DIRECTIONS

Take the beef roast out of the refrigerator and let come to room temperature by sitting on the counter 10-15 minutes.

Sprinkle roast evenly with 3 teaspoons kosher salt and all of the pepper.

Heat a Dutch oven or large pan over high heat (or insert of Slow Cooker with Stove Top Browning) then add olive oil.

Sear beef roast on all sides, rotating every 3-4 minutes, so that it forms a golden brown crust on all sides. Remove from pan and place in slow cooker if you didn't use the stove-top-safe slow cooker insert.

Add all remaining ingredients to the slow cooker: garlic, rosemary, celery, carrots, tomatoes, beef broth, wine and remaining 2 teaspoons of kosher salt.

Heat on Low for 8 Hours.

To serve, remove beef from slow cooker and let rest 10 minutes. Shred with fork is slice against the grain. Serve with vegetables on the side and fresh parsley.