



Crock Pot Beef Roast

3 pounds boneless beef chuck roast
1 medium white onion, thickly sliced
3 medium carrots, peeled & cut into 3 inch pieces
3 stalks celery, cut into 3 inch pieces
1 teaspoon thyme leaves
3 large garlic cloves, smashed
1 cup red wine
1 $\frac{3}{4}$ cup beef broth
1 small bouquet of the celery leaves from the stalks and 10 sprigs of parsley – tie them with kitchen twine
16 little red potatoes
Salt & Pepper
Olive oil

- Wash and pat dry the meat. Season generously with salt and pepper.
- Heat a large skillet with olive oil and sear the meat on both sides.
- In a crock pot, layer your potatoes, carrots, onions and celery. Place the meat on top and top with thyme, garlic, broth and red wine.
- Turn crock-pot onto high and cook for 4 hours (or low for 8 hours).
- Serve and enjoy!