

Italian Pot Roast Slow Cooker



Ingredients:

- 3–4 lb beef chuck roast
- 2 tbsp olive oil
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- 1 medium onion, sliced
- 3 cloves garlic, minced
- 2 carrots, cut into chunks
- 2 cups crushed tomatoes
- 1 cup beef broth
- 1/4 cup tomato paste
- 1 tsp dried basil
- 1 tsp dried oregano
- 1/2 tsp red pepper flakes (optional, for heat)
- Fresh parsley, chopped (for garnish)

Instructions:

Preheat: Heat olive oil in a skillet over medium-high heat.

Season & sear: Rub roast with salt, pepper, garlic powder, and Italian seasoning. Sear on all sides until browned (about 3–4 minutes per side).

Load slow cooker: Place onion, garlic, and carrots in the bottom. Add seared roast on top.

Add sauce: Pour in crushed tomatoes, beef broth, tomato paste, basil, oregano, and red pepper flakes.

Cook: Cover and cook on low for 8–9 hours or high for 4–5 hours, until roast is fork-tender.

Serve: Shred or slice roast and serve with the rich tomato sauce over mashed potatoes, pasta, or polenta. Garnish with fresh parsley.

