

Drunken Garlic Crock Pot Roast

Yield: 4 min
Total Time: 375 min

Recipe from: <https://www.recipeschoose.com/recipes/crock-pot-roast-recipe-with-italian-seasoning>

Ingredients:

- 3 tablespoons oil
- 3 pounds boneless beef chuck roast
- salt
- black pepper
- 3 onions large, sliced
- 2 whole garlic bulbs, peeled, cloves left whole
- 1 tablespoon beef base
- 20 ounces lager beer
- 1 tablespoon Dijon mustard
- 2 teaspoons Italian seasoning
- cornstarch slurry as needed
- Kitchen Bouquet small amount of, optional

Nutrition:

1. Calories: 1170 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 225 milligrams
4. Fat: 74 grams
5. Fiber: 4 grams
6. Protein: 71 grams
7. SaturatedFat: 25 grams
8. Sodium: 490 milligrams
9. Sugar: 5 grams

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