

# Savory Slow Cooker Pot Roast

Yield: 6 min  
Total Time: 375 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-chinese-pot-roast-crockpot>

## Ingredients:

- 3 pounds pot roast beef chuck, boneless
- 1 tablespoon olive oil
- 1/2 cup red wine
- 1 1/2 cups onion chopped
- 2 carrots peeled and chopped, 1/2 inch
- 2 celery stalks chopped, 1/2 inch
- 2 garlic cloves chopped
- 3 tablespoons flour
- 1 cup beef broth
- 3 tablespoons tomato paste
- 2 tablespoons dijon style mustard
- 2 bay leaves
- 1 tablespoon thyme or rosemary chopped fine
- 1 teaspoon black pepper
- 1/4 teaspoon kosher salt
- 1/4 cup parsley chopped for garnish, optional

## Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 150 milligrams
4. Fat: 43 grams
5. Fiber: 2 grams
6. Protein: 45 grams
7. SaturatedFat: 16 grams
8. Sodium: 470 milligrams
9. Sugar: 4 grams

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