

Savory Slow Cooker Pot Roast

From My Carolina Home



- 1 beef pot roast 3-4 pounds
- Two thick slices of onion, cut in half and rings separated into half-ring slices
- 4 large mushrooms
- 1 teaspoon lemon pepper seasoning
- 1 15-ounce can of low sodium beef broth
- 1/4 cup flour
- 1/2 cup water

Spray the crock with no-stick cooking spray, then put half the onions and garlic on the bottom to provide a rack for the roast. Add the roast, with the fat cap on the top. Sprinkle with lemon pepper. Top with the rest of the onions and garlic, and all the mushrooms. Pour the beef broth over the roast. Cook on low for about 6-7 hours for a 3-pound roast.

Remove roast and vegetables to a platter and tent with foil. Allow to rest while you make the gravy. De-fat the broth using a fat separator. Pour the broth into a saucepan, and heat on high to boiling. While it is heating, make a slurry of 1/4 cup of flour with about 1/2 cup of water, whisking out any lumps. Slowly pour into the boiling gravy while briskly stirring using only what you need to achieve the thickness desired in the gravy. Cook about one minute.

Slice the roast across the grain into nice even slices, about 1/2-1 inch thick. Serve with vegetables on the side. Mashed potatoes are perfect to have with this roast and gravy.