

# Savory Pot Roast with Vegetables

**Makes 6 servings with beef leftovers**

- 1 3 pound boneless beef chuck roast, tied and trimmed of all fat
- freshly ground pepper to taste
- olive oil cooking spray
- 3 large carrots, peeled and cut into sticks about 1 inch wide and 2 inches long
- 3 large ribs celery, cut into pieces 2 inches long
- 1 large yellow onion, peeled and cut into 12 equal pieces
- 3 large cloves garlic, thinly sliced
- 1 cup dry red wine or fat-free, no-salt-added canned beef broth
- 1/3 cup low-sodium tomato paste
- 1 1/2 tablespoons Dijon mustard
- 1/2 teaspoon crushed dried thyme
- 2 large bay leaves
- salt (optional)
- 1 1/2 tablespoons cornstarch, mixed with 2 tablespoons (30 ml) water

1. Rinse roast and pat dry with paper towels. Sprinkle both sides with pepper.
2. Lightly coat a heavy skillet with cooking spray and place over medium-high heat. Add roast and sear until well browned on all sides, about 8 minutes total cooking time.
3. In a 4-quart (4 l) or larger crockery slow-cooker, combine carrots, celery, onion, and garlic. Place browned roast on top of the vegetables.
4. In a large mixing cup, combine wine, tomato paste, Dijon mustard, thyme, and bay leaves. Pour over roast and vegetables. Cover and cook until roast is very tender when pierced with a fork, about 8 to 9 hours on LOW or 4 to 5 hours on HIGH.
5. When beef is done, transfer the roast to a heated serving platter.

6. If cooking on LOW, turn the slow-cooker on HIGH. Skim any fat from the surface of the sauce. Add salt (if using). Pour the blended cornstarch mixture into the cooker and cook, stirring often, until sauce is bubbling, 10 to 15 minutes.
7. Using a slotted spoon, remove vegetables from sauce and arrange around the roast. Transfer sauce to a gravy boat to pass alongside.
8. To serve, carve the beef against the grain into thin slices. Serve at once.

**Per serving (4 ounces {120 g} beef plus 1/6 of the vegetables and 3 tablespoons {45 ml} of the sauce):**

315 calories
41 g protein
10 g total fat
15 g
carbohydrates
3 g dietary fiber