

Pot Roast (Slow Cooker)

- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon kosher salt
- 1-1/2 teaspoons black pepper
- 3 to 5 pound beef chuck roast
- 2 cloves garlic, minced
- 1 onion, minced
- 3 bay leaves

Heat the extra virgin olive oil in a pan. While heating, rub the salt and pepper into the roast.

Put the minced garlic and onion into the oil, followed by the roast. Brown the roast on all sides. Remove from heat.

Place the browned roast, with the onions and garlic, into the slow cooker. Top with bay leaves.

Cover the slow cooker, and cook on low for 120 minutes plus 100 minutes per pound (half the time on high).

Drippings can be used to make [gravy](#) ^[1].

Preparation time: 8 to 10 hours

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[1] <http://kitchen.unseelie.org/.101>