

martha stewart



## Slow-Cooker Pot Roast

Get a head start on dinner with this fresh take on a slow-simmered, all-in-one meal that makes clean-up a breeze.

6 hours 25 mins  
TOTAL TIME

15 mins  
PREP

8  
SERVINGS

### Ingredients

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- 1 tablespoon cornstarch
- 8 medium carrots, cut into thirds
- 2 medium onions, each cut into 8 wedges
- Coarse salt and ground pepper
- 1 beef chuck roast (3 pounds), trimmed of excess fat
- 2 tablespoons Worcestershire sauce

### Directions

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1. In slow cooker, stir together cornstarch and 2 tablespoons cold water until smooth. Add carrots and onions; season with salt and pepper, and toss.
2. Sprinkle roast with 1 teaspoon salt and 1/2 teaspoon pepper; place on top of vegetables, and drizzle with Worcestershire. Cover; cook on high, 6 hours (or on low, 10 hours).
3. Transfer roast to a cutting board; thinly slice against the grain. Place vegetables in a serving dish; pour pan juices through a fine-mesh sieve, if desired. Serve roast with vegetables and pan juices.

### Cook's Notes

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Oven method: Preheat oven to 350 degrees. In step 1, use a 5-quart Dutch oven or ovenproof pot with a tight-fitting lid; add 2 cups water. Cover; bake until roast is tender, 3 1/2 to 4 hours. Proceed with step 3.

