

**SERVES 8**

Nutrition Facts: 350 calories, 11g fat, 3g saturated fat, 320mg sodium, 17g carbohydrates, 3g fiber, 40g protein

# SLOW COOKER POT ROAST

## Ingredients

- 6 carrots, chopped
- 2 medium onions, chopped
- 2 leeks, cleaned, white and green parts, chopped
- 4 stalks celery, chopped
- 3 cloves garlic, peeled and smashed
- 3 pounds lean eye of round beef roast
- ½ teaspoon salt
- 1 teaspoon black pepper
- 1 tablespoon all-purpose flour
- 2 tablespoons olive oil
- 1 cup red wine (or substitute with ¾ cup extra stock + 2 tablespoons ketchup)
- 1 14-oz can no salt added crushed or diced tomatoes
- ½ cup low-sodium beef stock or broth
- 3 sprigs fresh thyme
- 2 branches fresh rosemary

## Directions

1. Lightly coat dish of slow cooker with olive oil. Spread all vegetables in bottom of slow cooker.
2. Pat beef dry with paper towel, season with salt and pepper, and cover with flour. In large pot, heat olive oil over medium heat. Add roast and cook for 4–5 minutes on each side until browned. Remove roast from pot and place on top of vegetables in slow cooker. Pour wine, stock, and tomatoes into pot and whisk together while lightly scraping brown bits off bottom of pan. Bring to light boil, then remove from heat and pour over roast and vegetables in slow cooker. Place fresh herbs around roast.
3. Cover slow cooker and cook on low 6–7 hours until very tender. Serve with vegetables and sauce.