

Our State eats

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Sunday Slow-Cooker Pot Roast

Yield: 4 to 6 servings.

- 4 pounds chuck roast**
- Salt and black pepper to taste**
- 3 tablespoons olive oil**
- 2 tablespoons dried minced onions**
- 1 tablespoon garlic powder**
- 1 cup water**
- 3 tablespoons Worcestershire sauce**
- 3 medium carrots, peeled and cut into 2-inch pieces**
- 3 medium russet potatoes, peeled and quartered**
- 1 large yellow onion, quartered**
- 3 stalks celery, sliced**
- 2 bay leaves**

Season chuck roast liberally, rubbing salt and pepper into meat with hands. Heat oil in a large skillet over high heat; sear roast, about 4 minutes per side.

Place roast in slow cooker and add dried onions and garlic powder. Add water and Worcestershire, and spread vegetables evenly. Add bay leaves. Cover and cook on low for 8 to 10 hours. Remove bay leaves and serve.



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