



# Slow Cooker Pot Roast on the Healthier Side

## Ingredients

- 3 large carrots, peeled and sliced (optional, 2 cups baby carrots)
- 2 medium red potatoes, sliced into wedges (optional, 8 small red potatoes)
- 1 medium onion, sliced thinly
- 2 bay leaves
- 1 (3 pound) boneless chuck roast or tenderloin for an extra lean cut
- 3 cloves garlic, minced
- 1 tablespoon balsamic vinegar
- 2 cups beef broth, fat free, low sodium
- Kosher or sea salt to taste
- 1/2 teaspoon black pepper
- 2 tablespoons cornstarch or Tapioca starch (optional)
- 2 tablespoons water (optional)

## Directions

Add carrots, potatoes, onion, bay leaves, roast, garlic, vinegar and broth to slow cooker, in that order. Sprinkle with salt and pepper, cover and cook on low 6-8 hours or until internal temperature of roast has reached 145 degrees and vegetables are tender. If using a Set 'n Forget slow cooker, set the internal temperature of the roast to reach 145 degrees.

For a thicker gravy, combine cornstarch and water, pour into slow cooker the last 15 minutes of cooking time, for a thicker sauce.

