
Boise Pot Roast

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Source: *The Captain's Shack*



Servings: 10

Crockpot - Low/High:

Preparation Time: 30 minutes

Start to Finish Time: 6 hours 30 minutes

Categories: Main Dish - Crockpot

Ratings: Easy - 5

Cooking Time: 6 hours

A great crockpot recipe.

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Ingredients

3 Lbs Chuck Roast

1 T Baron's Meat Rub (whole Foods)

2 Lbs Potatoes, Cut Into Chunks

1 Lb Carrots, Cut

2 Lg White Onions, Quartered

4 Lg Shallots, Quartered

6 Lg Cloves Garlic, Diced

1 C Dried Mushrooms

6 T Knorr Classic Demi-glace Sauce Mix

1 C Water

2 C Marsala Wine

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Directions

Rub the roast with Baron's Meat Rub. Let sit for 1 hour. Sear roast in a cast iron skillet over high heat.

Cut the vegetables and place in the pot. Place the roast in a crockpot on top of the vegetables.

Mix the demi-glace with the water. Whisk to dissolve. Place in a microwave and heat to a boil. Add the Marsala and stir. Add to the crockpot. Stir the vegetables to mix with the broth.

Cook on Low for 1 hour. Stir the vegetables again. Turn the crockpot to High and continue to cook for 5 hours or until the meat is tender.

Suggested Wine: Indian Creek Pinot Noir. Snake River AVA Idaho