

# Slow Cooker Pot Roast

It's the end of September and that means the weather is starting to change. Such a sad time of year. It's getting cooler outside and nothing's better than a good comfort food meal. It makes it better when the meal is made in the slow cooker and you don't have to sweat over a stove! If you are crunched for time, skip the searing step and just add the meat to the slow cooker. Enjoy!

xoxo,  
Kristin

- 1) Layer the garlic and vegetables in the bottom of your slow cooker.
- 2) Season the roast with salt and pepper as desired. In a large skillet, heat the olive oil over high heat. Make sure your pan is piping hot so that your meat gets a good sear on it. Brown all sides of the roast. Usually a few minutes on each side is sufficient.
- 3) Transfer the roast into the slow cooker add 1 1/2 cups of the beef stock, cover and cook on the low setting for 8 to 10 hours.
- 4) About 20 minutes before the roast should be done, mix the cornstarch with the remaining cup of beef stock. Add the mixture to the slow cooker, stirring gently to incorporate it. The liquid in the slow cooker should thicken just in time to serve it.
- 5) When the roast is done, turn off your slow cooker, uncover the roast and serve.

Recipe from The Lagasse Girls cookbook. Serves 6.