MIMI'S CAFE FRENCH POT ROAST

Prep tame 10 minutes | Cook time: 6 hours | Total time: 6 hours 10 minutes | Makes: 5 servings

- 1 (2- to 3-pound) chuck roast
- 2 tablespoons olive oil
- 2 tablespoons minced garlic
- 2 cups low-sodium beef broth
- 1 tablespoon Worcestershire sauce
- 1 teaspoon onion powder

- 2 tablespoons brown sugar
- 2 large onions, sliced
- 2 cups carrots
- 7 red potatoes, sliced
- 2 to 3 tablespoons cornstarch
 - 1/2 cup water

Place chuck roast in a slow cooker. Combine olive oil, minced garlic, beef broth, Worcestershire sauce, onion powder, and brown sugar in a medium bowl until well combined. Pour the mixture over a roast in the slow cooker. Add the onion, carrots, and potatoes. Cover with lid and cook 6 hours onlow Remove meat and vegetables from the slow cooker and place one cup of the remaining juices in applicable to the cornstanch and water and whisk. Bring to a slight boil, then remove from heat and serve our roast and vegetables.

Mimis Cafe Pot Roast Recipe

Lori Rohlk Pfeiffer, Paul Morris

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