

## Slow Cooker Roast Beef

This recipe, which started as an oven braise in an old Gourmet magazine, is perfect for even the most primitive slow cookers. The garlic cooks to a mild, buttery, softness.

### Ingredients:

3 1/2 lbs of boneless beef chuck roast  
(bone-in also works)  
1 teaspoon each salt and (freshly ground)  
black pepper  
1 head garlic (or more, if desired)  
1 14-ounce can diced tomatoes

### Cooking Instructions:

Trim beef of fat. Sprinkle roast all over with salt and pepper. Place in a slow cooker (cut it to fit if necessary). Bust up the head of garlic and peel the cloves. Add to the pot. Pour tomatoes over the meat, making sure all garlic cloves are submerged. Cover and cook on high heat for 6 hours. The meat should be extremely tender and falling apart. Remove meat from pot and trim off any remaining fat. If you have time, chill the sauce so that fat hardens and is easy to life off, or allow the juices to stand for a few minutes so the fat rises to the top and spoon it off.

Serves 6.

### Extra Credit: How to make gravy

If you want to go to the extra trouble, you will be well rewarded if you make gravy out of the cooking juices from the roast. Do this by mixing 2 tablespoons flour with 1 tablespoon water until no lumps remain. Pour it into the juices and stir briskly or blend with immersion blender to smooth it out. Heat to boiling. Serve with meat.

--Sarah Fritschner, Kentucky Food Writer

