

Crock-Pot Pot Roast Recipe #51620

Perfect served with a salad, baked potatoes, and a green vegetable. Very tender meat.

by **BeckyF**

8-10 servings

5¾ hours 10 min prep

- 1 **onion**
- 2 cloves **garlic**
- 4 lbs **rump roast**
- 2 tablespoons **salt**
- 1/4 teaspoon **pepper**
- 1/2 teaspoon **dried rosemary**
- 1/2 teaspoon **dried thyme**
- 3/4 cup **red wine**
- 3 tablespoons **flour**
- 1/4 cup **water**

1. Chop the onion and the garlic.
2. Put the onions and garlic in the crock pot and set the roast on the top.
3. Sprinkle with the salt, pepper, rosemary and thyme.
4. Pour in the wine.
5. Cover and cook on the High setting until the meat is very tender about 5 hours.
6. Remove the roast to a serving plate.
7. Measure 2 cups of the cooking liquid into a saucepan.
8. Stir together the flour and water and stir it into the cooking liquid.
9. Bring to a boil, stirring, reduce the heat and simmer 10 minutes.
10. Slice the roast and serve with the gravy.

Nutrition Facts

Calculated for 1 serving (278g)
Recipe makes 8 servings

Calories 486	
Calories from Fat 248 (51%)	
Amount Per Serving	%DV
Total Fat 27.6g	42%
Saturated Fat 10.9g	54%
Polyunsat. Fat 1.1g	
Monounsat. Fat 11.9g	
Trans Fat 0.0g	
Cholesterol 138mg	46%
Sodium 1866mg	77%
Potassium 779mg	22%
Total Carbohydrate 4.6g	1%
Dietary Fiber 0.4g	1%
Sugars 0.7g	
Protein 47.5g	94%
Vitamin A 5mcg	0%
Vitamin B ₆ 1.4mg	71%
Vitamin B ₁₂ 4.0mcg	66%
Vitamin C 1mg	2%
Vitamin E 0mcg	1%
Calcium 46mg	4%
Magnesium 55mg	13%
Iron 4mg	25%
Alcohol 2.3g	Caffeine 0.0mg

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