

Betty's Slow Cooker Pot Roast with Brown Gravy Recipe



Uploaded on 29 Jun 2009

In this video, Betty responds to a viewer request for a crock pot meal. Betty demonstrates how to use a crock pot to make a nifty pot roast meal--super tender roast beef, surrounded by potatoes, carrots, and onions--with a flavorful, velvety brown gravy.

Ingredients:

- 1 1/2 pounds top round beef roast (I used Laura's Lean Beef.)
- freshly ground black pepper, to cover roast on all sides
- 1 1/2 tablespoons vegetable oil (I used peanut oil.)
- 3 medium to large-sized russet potatoes, peeled and cut into quarters (Any variety of potato will work.)
- 2 medium onions, peeled and cut into sixths (I used white onions.)
- 1/2 oz. small cellophane package of baby carrots (You may use any carrots, peeled and cut in pieces.)
- 10.5 oz. can beef broth
- 10.5 oz. can beef consommé
- 1/2 of a 6 oz. can of tomato paste (Use the whole can, if you like a more tomato-y flavor.)
- 1/2 cup water
- 3 tablespoon cornstarch

Crack fresh peppercorns over all sides of your 1 1/2 pound top round roast, and rub it in. In a large, deep skillet, heat 1 1/2 tablespoons peanut oil. When hot, place the roast in the sizzling oil and brown it on all sides. Place the browned roast into a crock pot (slow cooker). Arrange the potato pieces around and on top of the roast. Then, place the cut onions on top of the potatoes. Finally, place the baby carrots (or carrot pieces) on top of the onions. Now, combine 10.5 oz. beef broth, 10.5 oz. beef consommé, and 1/2 of a 6 oz. can of tomato paste in a medium-sized bowl. Pour over the roast and vegetables. Cover the crock pot with its lid, and cook for 1 hour on HIGH and then 8 or 9 hours on LOW. Check to make sure the roast and vegetables are tender. Remove roast and vegetables to platters or plates. Cover with aluminum foil to keep them hot while you make the pot roast gravy. Pour the drippings from the crock pot into a medium-sized sauce pan. Spoon off any excess fat. (Mine did not have any excess fat.) Mix together 1/2 cup cold water and 3 tablespoons of cornstarch thoroughly. Add it to the drippings in the pan, stirring constantly as it is being added. Bring this gravy mixture to a boil over medium heat. Cook, stirring constantly, for about 10 minutes, or until gravy is thickened and bubbly. place your sliced roast in the center of a large platter. Surround the roast by your cooked potatoes first, then evenly placed cooked onions and carrots. Pour some gravy on top of the sliced roast, and place the rest of the gravy in a conveniently placed gravy boat. A complete meal on a platter!!! But, be sure to check out my accompaniments--Lime Mist Gelatin Salad and Fresh Parsley and Chive Bread Ring, Your family will *love* this meal--and so will you--it's very easy!!!