Marinated Pot Roast in a Crockpot

Description

This delicious pot roast marinates overnight and then slow-cooks to perfection in a crockpot. Convenient and easy to prepare, the winter season is the perfect time to enjoy a tender pot roast bursting with flavor.

Summary

Yield: 10
Prep Time: 10 hours
Category: Roasts
Cuisine: American

Ingredients

- 1 boneless beef top round roast (4 pounds)
- 1 cup dry white wine
- 1 tbsp olive oil
- 4 cloves garlic, minced
- 1/2 cup soy sauce (reduced sodium)
- 2 green onions, sliced thin
- 1 tsp ground ginger
- 4 whole cloves
- 2 tbsp water
- 2 tbsp cornstarch
- 1/2 tsp freshly ground pepper
- 3 carrots, cut into 2 inch pieces
- 8 small red potatoes, cut in half
- 2 medium onions, quartered

Instructions

Marinade
In a gallon-size resealable plastic bag, combine the white wine, soy sauce, olive oil, minced garlic, ground ginger, ground pepper and whole cloves. Cut the round roast in half and place in the gallon plastic bag with the marinade. Seal the bag, and turn several times to thoroughly coat the roast with the marinade. Refrigerate overnight.

Crockpot
Place the roast and the marinade in a 5 quart slow cooker. Add the carrots, potatoes, and onions. Cover and cook on low for 8 to 10 hours, until meat is tender. When done, remove roast and the vegetables (carrots, potatoes and onions) from the crockpot and transfer to a serving platter to keep warm.

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Gravy
Pour the cooking juices from the crockpot int a 2 cup measuring cup. Discard the whole cloves. In a saucepan, combine the cornstarch and add cold water until smooth. Stir in about 1 1/2 cups of the cooking juices. Bring to a boil and stir as you cook for about 2 minutes until thickened. Serve with the roast in a gravy boat.