

Irish-Inspired Beef Pot Roast and Vegetables

7	8	380	41 G
HRS	SERVINGS	CAL	PROTEIN

 **Total Time: 7 hrs**

Ingredients:

- ☐ 1 beef Bottom Round Roast (3 to 3-1/4 pounds)
- ☐ 2 packages (24 ounces each) fresh pot roast vegetables (potatoes, onions, carrots, celery)
- ☐ 2 packages (.75 to .88 ounces each) mushroom or brown gravy mix
- ☐ 1/3 cup all-purpose flour
- ☐ 1/2 teaspoon salt
- ☐ 1/2 teaspoon pepper
- ☐ 1 cup beer
- ☐ Chopped fresh parsley (optional)



Cooking:

- 1 Prepare pot roast vegetables: cut potatoes in half (or into quarters if large), onions into 1/2-inch wedges, and carrots and celery into 2-inch pieces; set aside.

Cook's Tip: Packaged pot roast vegetables may also be referred to as stew or soup vegetables. One and one quarter pounds carrots, 1 pound small red potatoes, 2 small onions and 4 small ribs celery may be substituted for packaged pot roast vegetables. Prepare as directed above.

- 2 Combine gravy mixes, flour, salt and pepper in large bowl. Add vegetables to bowl; toss to coat well. Remove vegetables from flour mixture; set aside. Place vegetables in 5 to 6-quart slow cooker. Add beef Bottom Round Roast to bowl, turning to coat evenly with flour mixture. Remove roast and place in slow cooker in center of vegetables.
- 3 Whisk beer into remaining flour mixture until smooth; add to slow cooker. Cover and cook on HIGH 6 to 7 hours or LOW 9 to 10 hours or until beef and vegetables are fork-tender. (No stirring is necessary during cooking.)

- 4 Remove roast and vegetables. Skim fat from gravy. Carve roast into thin slices. Serve with vegetables and gravy. Sprinkle with parsley, if desired.

Test Kitchen Tips

Cook until fork-tender. When fork can be inserted without resistance and releases easily when pulled out, the beef is done.

