

# Slow Cooker After-Work Beef Pot Roast

When you crave the comfort of a pot roast, but don't have time to stand around the kitchen babying one, utilize this slow-cooked version.

**SERVES 8**

- 1 envelope (0.7 ounce) Italian dressing mix**
- 1 boneless beef chuck shoulder pot roast or bottom round rump roast (3 to 3½ pounds)**
- 2 large onions, cut into 8 wedges**
- 2 garlic cloves, peeled**
- 2 red bell peppers, cut into 1½-inch pieces**
- ½ cup beef broth**
- 2 zucchini, cut into ¼-inch slices**
- 2½ tablespoons cornstarch, dissolved in 2 tablespoons water**
- Salt and pepper**

Press the dressing mix evenly onto all surfaces of the roast. In a 4½- to 5½-quart slow cooker, place the onions and garlic; top with the roast. Add the bell peppers and broth. Cover and cook on high for 5 hours or on low for 8 hours. Add zucchini. Continue cooking, covered, 30 minutes, until pot roast is fork tender.

Remove the pot roast and vegetables. Strain and reserve the cooking liquid; skim off the fat. In a medium saucepan, combine 2 cups of the cooking liquid and the cornstarch mixture. Bring to a boil, stirring constantly; cook and stir 1 minute, until thickened.

Carve pot roast into slices; season with salt and pepper. Serve with vegetables and gravy.

## Yearning for steak

Looking back as a grownup, I kick myself a little bit thinking back to the lack of love my brothers and I showed for my mom's pot roast. I love roast, just had slow cooker roast with cabbage, carrots, and potatoes for dinner last night and lunch today. But as kids growing up around a cattle farm, I would give my big toe to go back in time and eat steaks as often as we did growing up. To us, a real treat was what we'd request on our birthdays—homemade pizza, campfire hotdogs with baked beans, tacos (my mom did fry corn tortillas, which made the meal)—and it'd never be steaks. My, how times have changed—give me a ribeye any day of the week.

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