

Slow Cooker Autumn Pot Roast

1 2 to 3 pounds pot roast, lean, boneless,	¾ cup water
1 tsp. Tennessee Gourmet®, Savory Beef Rub	2 tsp. beef bouillon granules
1 Tbsp. vegetable oil	¼ tsp. celery seed
1 medium onion, sliced	¼ tsp. ground black pepper
4 sweet potatoes, peeled and quartered (about 1 ½ pounds)	2 Tbsp. cornstarch, combined with 2 Tbsp. Water (optional)

Rub the roast with Savory and allow to rest for about 15 minutes. Heat oil in a large skillet and brown roast on all sides. Drain fat from skillet.

Place sliced onion in crock-pot; top with sweet potatoes. Place meat on vegetables. In a cup, combine ½ cup water, beef bouillon granules, celery seed, and pepper. Pour over roast. Cover and cook on LOW for 8 to 10 hours, until meat is tender (or cook on HIGH for 4 to 5 hours). Remove beef and vegetables to a serving dish and keep warm.

Skim fat from the cooking liquid remaining in the crock-pot and serve with the beef and vegetables. If desired, pour the cooking liquid into a 2 cup measure. Add enough water or broth to make 2 cups. Put the 2 cups of juices into a saucepan and stir in the cornstarch and water mixture. Cook on medium-low until thickened and bubbly. Serve with roast and vegetables.