

# Jenni's Pot Roast

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## Ingredients

2-3 pounds beef roast (I usually use shoulder)  
1 onion  
1 jalapeno  
3 cloves garlic  
1 pint vegetable stock  
6 large potatoes  
carrots  
flour  
chili powder  
salt & pepper  
canola oil

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## Source

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## Method

Put enough flour in a pie pan to coat the roast. I usually add about 1/3 of an inch. Add seasonings to taste, usually about 1-2 tablespoons salt, 2 teaspoons chili powder and 2-4 teaspoons pepper. Yes, this sounds like a lot, but this is going to be all your salt (except for what is in the stock) for the whole roast and the gravy. Mix well and roll the roast in the flour mixture until well coated. I rub it in well to the cracks and make sure everything had much flour.

Cut onion into 8 wedges, peel garlic and lightly smash with knife. Cut jalapeno in half and remove seeds (or keep them in if you are a seed keeper-inner). Place canola oil in the frying pan. Make sure you pan is sufficiently large enough to hold the entire roast width. Heat on medium high heat. Add onions when it is quite hot and let them get hot, about one minute, then add the garlic and jalapeno and turn the heat down to medium. Make sure they don't burn and mix them around for about three minutes. Remove them from the pan and set aside. Allow oil to get hot again. Carefully add roast. This will take a while on each side to brown, just make sure you watch it carefully. Meanwhile, clean potatoes and cut them into fourths.

When the roast is browned on all sides, remove to the crock pot. Use one that will safely hold the roast and all the veggies. Place potatoes on the roast, then the onions, garlic and jalapenos. Set this aside. Warm stock up a bit in the microwave and return frying pan to stovetop. When the oil is back up to temperature, add an equal portion of the leftover flour mixture and whisk thoroughly, making sure the mixture doesn't burn. Allow to brown while constantly whisking, and then slowly add the warm vegetable stock, still while whisking thoroughly. I used stock made with Knorr's vegetable bullion, dissolved in hot water. Add the stock slowly and in small (about 1/2 cup) portions, make sure it is well mixed before adding the next portion. Once you have added the whole pint, pour gravy over the roast and potatoes, making sure not to over-fill your crock pot. Cook on low heat for 6-8 hours.

At this point, you can add your carrots. If you use whole carrots that you cut, cut them into small slices and they will only need an hour. I used baby carrots, about a cup and half, and they only took an hour. Once you add the carrots (you can add peas at this point, if you wish, frozen), turn crock pot up to high and

cook for another hour, or until carrots are soft. Remove the roast to a cutting board and allow to sit for about 15 minutes before slicing. I just slice off enough for serving at the time, then pour the gravy and vegetables over the meat in a bowl. The rest of the roast goes back into the gravy to keep for leftovers.

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