

Gramps German Style Pot Roast (Slow Cooker)

Nancy Heishman - Las Vegas, NV
Taste of Home Grandma's Favorites

Servings: 8

*4 thick-sliced bacon strips
1 pound baby Yukon Gold, potatoes
4 medium carrots, sliced
1 can (14 ounce) sauerkraut, rinsed and well-drained
3/4 cup chopped dill pickles
1 teaspoon smoked paprika
1 teaspoon ground allspice
1/2 teaspoon Kosher salt
1/2 teaspoon pepper
1 (3 pound) boneless beef chuck roast
2 packages (14.4 ounce ea) frozen pearl onions, thawed
4 cloves garlic, minced
1/2 cup stout beer OR beef broth
1/3 cup Dusseldorf mustard
1/2 cup sour cream
1/2 cup fresh parsley, minced*

Preparation Time: 20 minutes

In a large skillet, cook the bacon over medium heat until crisp. Carefully remove to paper towels to drain.

Meanwhile, place the potatoes, carrots, sauerkraut and pickles in a seven-quart slow cooker. In a bowl, mix the paprika, allspice, salt and pepper. Rub over the roast. Brown the roast in drippings over medium heat. Transfer to the slow cooker.

Add the onions and garlic to the drippings. Cook and stir for 1 minute. Stir in the beer and mustard. Pour over the meat. Crumble the bacon. Add to the slow cooker.

Cook, covered, on LOW until the meat and vegetables are tender, six to eight hours.

Remove the roast. Let stand for 10 minutes before slicing. Strain the cooking juices. Reserve the vegetables and juices. Skim the fat. Return the reserved vegetables and cooking juices to the slow cooker.

Stir in the sour cream. Heat through.

Serve with the roast. Sprinkle with parsley.

Per Serving (excluding unknown items): 72 Calories; 3g Fat (38.0% calories from fat); 2g Protein; 10g Carbohydrate; 3g Dietary Fiber; 6mg Cholesterol; 511mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 0 Non-Fat Milk; 1/2 Fat.