
Pot Roast in Wine

The Windsor Family Cookbook

Windsor Vineyards - Windsor, CA

1 (five to six pound) pot roast
2 large potatoes
6 carrots
3 green chilies
1 large onion
1 can (10 ounce) beef consomme'
6 ounces water
2 tablespoons Worcestershire sauce
1 1/2 cups Cabernet Sauvignon
salt (to taste)
pepper (to taste)

Peel the potatoes and carrots and cut them in half. Devein the chilies but do not seed them. Cut the onions into chunks. Place all of the vegetables in the bottom of a slow cooker or crock pot, reserving 1/2 cup of the onion chunks. Do not cut the vegetables too small or they will be reduced to mush after eight hours.

Pour in the consomme', water and Worcestershire sauce. Place the roast on top, sprinkling with salt and pepper and the reserved onions.

Cover and cook on MEDIUM for six hours.

Add the wine and continue cooking for two hours longer.

Yield: 4 to 6 servings

Beef

Per Serving (excluding unknown items): 699 Calories; 1g Fat (2.2% calories from fat); 12g Protein; 109g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 695mg Sodium. Exchanges: 3 Grain(Starch); 10 1/2 Vegetable; 1/2 Other Carbohydrates.