

Stroganoff-Style Pot Roast (Slow Cooker)

*Slow Cooker Favorites - Volume 7
Meredith Corporation, Des Moines, IA*

Servings: 6

*2 1/2 pounds beef chuck or
arm roast
1 tablespoon vegetable oil
8 ounces button
mushrooms, quartered
1 cup onion, thinly sliced
2 teaspoons Dijon mustard
2 cloves garlic, minced
1 teaspoon black pepper
1 cup beef broth
1 carton (8 ounce) sour
cream
2 tablespoons all-purpose
flour
mashed potatoes or cooked
noodles
snipped fresh chives
cracked black pepper*

Preparation Time: 20 minutes

Slow Cooker: 8 hours

In a large skillet, cook the beef in hot oil until browned on both sides. Transfer to a 3-1/2 to 4-quart slow cooker.

Add the mushrooms, onion, mustard, garlic and pepper. Pour the broth over all. Cover.

Cook on LOW for eight to ten hours.

Transfer the roast to a platter. Cover to keep warm. If using LOW heat, raise to HIGH.

Make the gravy: In a bowl, stir together the sour cream and flour. Add to the liquid in the slow cooker.

Cook, covered, for 30 minutes or until thickened.

Pull the meat into serving-size pieces. Serve on mashed potatoes with gravy. Top with chives and cracked black pepper.

Per Serving (excluding unknown items): 144 Calories; 11g Fat (63.8% calories from fat); 4g Protein; 9g Carbohydrate; 1g Dietary Fiber; 17mg Cholesterol; 257mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.