

## **COOKS.COM** RECIPE SEARCH

### **EASY CROCK POT ROAST**

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- 3 lb. chuck roast
- 1/2 can beef broth
- 1 c. flour
- 1/2 tsp. garlic powder
- 1 or 2 cloves garlic
- 1 medium onion, diced
- 2 tbsp. olive oil
- 1 bay leaf
- Dash of salt and pepper

Wash chuck roast. Season generously, with salt, pepper and garlic powder. Coat with flour. Place floured roast into oiled skillet and brown lightly on both sides. While browning roast, add diced onions to skillet. Transfer roast and onions to greased crock-pot. Toss in whole garlic cloves and bay leaf. Pour in 1/2 can beef broth over roast and add salt and pepper. Cover and cook on low for 8 to 10 hours.

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