

a pearl kind of girl

Pot Roast

1 lbs. shoulder chunk roast	1/4 cup tomato paste
1 yellow onion, chopped	2 cups beef broth
2 cups mushrooms, chopped	4 garlic cloves, smashed
2 cups carrots	1 tsp. fresh rosemary
2 cups new potatoes, cut in half	1 tsp. fresh thyme
3/4 cup dry red wine, such as Zinfandel	Salt and freshly ground pepper, to taste

Add meat, onion, mushrooms, carrots and potatoes to slow cooker.

Add wine, tomato patsy and beef broth. Season with garlic, rosemary, thyme, salt and pepper.

Combine ingredients well and cover slow cooker with lid.

Cook on low heat for 5 hours or on high heat for 3 hours.

