

# Slow Cooker Pot Roast and Vegetables

Serves 6

## Ingredients:

- 1 tbsp cornstarch
- 3 medium carrots, chopped into 2 inch long pieces
- 1 onion, diced
- 2 sweet potatoes, cut into 8 pieces each
- 4 garlic cloves, chopped
- 3 lb beef chuck roast
- 2 tbsp Worcestershire sauce \*
- 1 tbp dried thyme
- 6 cups spinach leaves



## Directions:

1. Whisk the cornstarch and water together in the slow cooker. Combine the vegetables into the bottom of your slow cooker and season with salt and pepper. Place the beef chuck roast on top and season with Worcestershire, thyme, salt and pepper. Turn the heat on low and let cook for 8 to 10 hours.
2. Serve atop a bed of 1 cup spinach leaves.

\*To make this dish gluten-free, use gluten-free Worcestershire sauce.