Slow Cooker Pot Roast

By: BlendOfSpice
Serves 6 to 8

Ingredients:
2lbs Beef Chuck Roast
2 to 3 tbsp BBQ Rub of Choice
Salt/Pepper (To Taste)
½ tsp Chili Powder (more or less to taste)
1 tbsp Olive Oil
6 to 8 Red Finger Potatoes
2 to 3 Carrots (cut in half)
2 to 3 Celery Stalks (cut in half)
½ a Large Onion (cut in 3 wedges)
1 cup Beef Broth

Method:
-Wash, clean and pat dry your chuck roast.
-Massage in salt/pepper, chili powder and bbq rub into the meat liberally.
-Add it to a hot pan with olive oil or your stove top setting on your slow cooker.
-Brown your roast on all sides to get a nice crust.
-Then change your stove top setting to slow cooker setting (if browned in a pan, transfer now to a slow cooker).
-Add in all the veggies along with the beef broth.
-Cover and let it cook on the lowest setting of your slow cooker for 4 to 5 hours.
-Serve warm with veggies.
-The liquid left may be turned into gravy if desired.

Tips:
-Don't have a slow cooker? Just follow the same instructions in a pot setting your heat on 2.
-Don't have beef broth? Use chicken broth or water.