

Burgundy Style Pot Roast

| Amount | Measure | Ingredient - Preparation Method |
|--------|-------------|---------------------------------|
| 2 | cups | baby carrot |
| 1 | cup | frozen small whole onions |
| 2 | each | garlic clove - crushed |
| 1 | each | bay leaf |
| 1/2 | cup | salt pork - diced |
| 2 1/2 | pounds | boneless chuck roast |
| 1 | cup | red wine |
| 1 | teaspoon | beef bouillon granules |
| 1/2 | teaspoon | dried thyme |
| 1/8 | teaspoon | ground black pepper |
| 3 | tablespoons | all purpose flour |
| 1/4 | cup | water |

Place carrots, onions, garlic and bay leaf in 3.5 to 6.5 qt slow cooker.

Heat large skillet over med-high heat until hot. Add salt pork, cook 3-4 minutes or until browned. Remove with slotted spoon and place in slow cooker. Add roast to skillet. Cook over med-high heat 6-8 minutes, turning once.

Drain fat from skillet; add wine, bouillon, thyme and pepper. Bring to a boil, stirring to scrape up brown bits. Pour over roast.

Cook, covered on low heat 8 hours. Remove roast; place on platter. With slotted spoon, remove vegetables and salt pork; place on platter with roast. Loosely cover with foil; place in 250 degree oven to keep warm.

Remove and discard bay leaf. In small bowl, whisk together flour and water. Whisk into cooker juices. Heat on high 15 minutes or until thickened. Slice roast, use juice.