

# Slow Cooker Maple and Dijon Pot Roast

Servings : 4

Amount	Measure	Ingredient - Preparation Method
3	pounds	beef chuck roast
5	slices	bacon - diced
3	large	onions - peeled and sliced into half moons
2	cups	chicken stock
1	tablespoon	dijon mustard
1	tablespoon	maple syrup
1	tablespoon	balsamic vinegar
1	teaspoon	paprika
1	teaspoon	kosher salt
		black pepper
		fresh thyme

Pat beef dry with paper towels and season generously with salt and pepper.

Seal a large Dutch oven or heavy skillet over medium high to high heat. Add the bacon and cook until some fat starts to render and it begins to turn golden. Push bacon to sides and add beef. Sear both sides until golden brown, about 10 minutes per side, and transfer all meat to slow cooker.

Pour off all but 2 tbsps of the bacon fat. Reduce heat to medium. Add the onions and cook until starting to soften, about 5 minutes. Pour in a few tablespoons of stock and bring to a boil, scraping up brown bits. Pour onions and juices into slow cooker.

In a separate bowl, whisk the remaining chicken stock, Dijon, balsamic vinegar, maple syrup, paprika, salt and pepper until combines. Pour over roast. Close lid and cook on low until meat falls apart, about 8 hours.

Transfer roast to a serving bowl or platter and cover with foil. Pour liquids into a large saucepan and bring to a boil. Cook until reduced. Cut roast into chunks and pour hot gravy over top.