

Balsamic Pot Roast

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Adapted from diethood.com

420 calories per serving

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:634d6ccd3e7e677007cd0dcf>

- Slow Cooker

- 2 pounds small potatoes (halved)
- 1 pound baby carrots
- salt and fresh ground pepper (to taste)
- 3 to 3.5 pounds boneless rump roast
- 6 garlic cloves (halved lengthwise)
- salt and fresh ground pepper (to taste)
- 1 tablespoon olive oil
- 1/4 cup balsamic vinegar
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup low sodium beef broth
- 2 tablespoons Dijon mustard
- 1 tablespoon brown sugar
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- 1/4 cup chopped fresh parsley (for garnish)

1. Spray a 6-quart slow cooker with cooking spray.
2. Place carrots and potatoes on the bottom of the slow cooker; season with salt and pepper and set aside.
3. Make 12 incisions around the meat and insert a slice of garlic into each.
4. Season the roast with salt and pepper.
5. Heat 1 tablespoon olive oil in a large skillet over high heat.
6. Add roast to the skillet and sear on all sides until browned; about 5 minutes per side.
7. Remove from skillet and place the roast over carrots and potatoes. Set aside.
8. In a medium sized mixing bowl combine balsamic vinegar, olive oil, beef broth, dijon mustard, brown sugar, oregano, thyme and basil; whisk until well combined.
9. Slowly pour the balsamic mixture over and around the roast. If needed, use your hands to coat it evenly.
10. Cover and cook on LOW for 6 to 8 hours OR on HIGH for 4 to 6 hours. Roast is done when internal temperature reaches at least 145-degrees Fahrenheit.
11. Remove meat and let rest at least 10 minutes before cutting.
12. Cut into thin slices and serve with prepared potatoes and vegetables.

Main Course

Beef

crock pot